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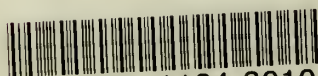
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THE "WEEKLY TELEGRAPH" COOKERY BOOK.

PREFACE.

"Know on thyself thy genius must depend.
All books of cookery, all helps of art,
All critic learning, all commenting notes,
Are vain, if, void of genius, thou wouldst
cook!"

THESE words of an old writer are as true now as they ever were. "Then," somebody will be sure to say, "it is of no use my trying to be a cook, for I have no genius for it." To quote a great authority, "Genius is nothing more nor less than a vast capacity for taking pains." Anybody, therefore, who has this capacity, and who possesses patience and perseverance, can be a good cook. It is clear that these gifts cannot be attained by the study of cookery books, and it is as useless to expect to prepare food properly without practice, as it is to expect to paint a picture without years of careful study. Cookery may be one of the secondary arts, but an art it is, and demands not only, as we have said, exercise of the high moral gifts of patience and perseverance, but of every faculty of the mind. Moreover, this art is also a science, in which the student can graduate only by diligence and experiment. Not only must the body be provided with food which will make good tissue waste and produce the necessary warmth, but the food must be so prepared that it will please the eye, satisfy the palate, and prove acceptable to the stomach. No stupid person can ever be a good cook. Real proficiency can only be attained by one who possesses powers of observation and comparison. A critical faculty of taste is absolutely necessary for a good cook.

To all these qualifications, and to some

others besides, the teacher of cookery must unite the experience of the best part of a lifetime; and yet it has of late years been the fashion to suppose that people without any previous knowledge of cookery can in a few months acquire the art of teaching, when it is impossible that in that time any one can have attained sufficient practical experience to enable them to speak at all upon the subject; but still more wonderful is the idea that anybody who has taken a short course of lessons from an incompetent teacher can write a cookery book. Of the vast number of elementary manuals which, during the last half-dozen years or so, have issued from the Press, there are few which have not produced the errors of its predecessors, and thus helped to perpetuate a clumsy, extravagant method of cooking. We do not, of course, allude to the writings of such professors as Gouffe and Francatelli. These men are artists, and it is only such as these, whose long apprenticeship, whose life-long devotion to their work, has taught them the secrets of success, who are entitled to speak on the art they profess. Such books as theirs, however, are for the most part out of the reach of people of moderate means, and hence the need of some trustworthy manual of more modest dimensions.

Taking up at random some of the books published at a small price for the use of cookery teachers, we find such errors as the following: "Onions to be soaked in water with a little washing soda" before boiling, with a view of making them digestible. Thus the valuable dietetic quality of the onion would be injured, the

most useful flavouring matter impaired, and it would be far more likely to be indigestible than if properly cooked. The water in which onions are boiled should always be used for making soup; it not only gives the best of flavours, but contains much of the properties of the vegetable.

French beans in any of their varieties should be washed before cutting or slicing, and not left as directed, to soak in water after this is done, thus, of course, drawing out the flavour.

Green vegetables, cauliflowers, etc., etc., are "to be soaked in salt and water to get out the insects." No wonder so much animal matter is usually served with them! Salt kills the insects, and then naturally they cannot get out of the vegetable.

It is not surprising that our breakfast bacon is so hard and uneatable, when one finds that cooks are taught that "bacon does not require fat at all, as its own melting fat is sufficient." When bacon is put into a pan dry over the fire, long before "its own melting fat" can be drawn, the lean is hardened and the fat is just burned enough to render it almost as indigestible and unwholesome a dish as the morning appetite of even a robust Briton can tolerate! To be properly fried, a little fat either from previously cooked bacon, or butter, must be put into the pan, and the frying must be so slowly done that a rasher of the ordinary thickness will, with occasional turning, take at least five minutes.

How often we hear it said, "I like stews, Irish stew especially; but they do not agree with me." It would indeed be wonderful if any human stomach (although some writers seem to think that poor people can digest anything) could assimilate an Irish stew made of the "fat scraps," as directed by one teacher of cookery. But the fact that a stew served with all the greasy product of the "fat scraps" left in it must be indigestible, is absurdly assigned "to some poisonous quality of the water in which the potatoes are cooked."

One would have thought that by this time the making of our delightful national sauce, "melted butter," would have been understood. Not so, however. From book to book, with a persistency which claims our wonder, runs such a worthless recipe as this:—Melted butter—Put one ounce of

butter in a stewpan, when it is melted put in half an ounce of flour, stir it quite smooth over the fire, and pour in by degrees half a pint of water. Stir till it thickens, then move to the side of the fire. If you cannot afford so much butter, use less, but never put more flour than butter. This recipe never fails to produce good melted butter free from lumps. Melted butter too often resembles paste." Certainly it does, but half an ounce of flour to the given quantity of water will make a sauce so thin as must spoil any dish. Moreover, not one cook in a hundred would in this way make melted butter free from lumps, and this method of using the butter is very extravagant. We refer readers to our recipe under the heading of "Butter Sauce."

More serious errors than these are found in the almost universally bad directions which are given for the preparation of food for invalids.

Take essence of beef. It is now so well known that the presence of enough gelatine in beef-tea or soup to set, or make them jelly, is not in itself a proof of their strength, that the direction to boil beef for eight hours to make the essence is altogether inexcusable. But this is the natural result of one writer copying another. Essence of beef, and that is not beef jelly, can be made in something less than half an hour.

One of the best ideas of successive generations of cooks, "that one egg well beaten goes as far as two not well beaten," has lately been overturned in various recipes for making batter. The direction is, "break the egg into the flour, and mix quite smoothly with a little milk." Thus the egg is not beaten at all, and anyone who has made a batter-pudding, adding the white of the egg beaten to a strong froth just before cooking, will know the value of the unpublished idea of our grandmothers.

Perhaps in the whole range of cookery recipes none will more fully illustrate the fact that no one but a cook can write on cookery than the recipe we give for a batter pudding for an invalid by a celebrated doctor:—"Batter pudding.—Flour three teaspoonfuls; milk, one pint; salt a pinch; of powdered ginger, nutmeg, and tincture of saffron, each a teaspoon-

ful (!). Boil." It is scarcely possible gravely to analyse such a recipe as this. In the first place, the quantity of flour to the milk would only make the batter as thick cream, and then think of the spices, which altogether are in equal quantity to the flour, and about sufficient to flavour a hundred puddings for an invalid.

We all know how often custard puddings come to table floating in whey, and this when the best materials have been used. The cook can only account for it by supposing "the milk was not fresh," when the accident is solely due to her own want of knowledge of the most simple elementary rules.

Here is the recipe by which custard puddings are spoiled:—"Three eggs, half a pint of milk, two ounces of sugar, half an ounce of butter, one pinch of grated nutmeg. Stir the eggs and sugar together, add the milk and nutmeg; stir well. Butter a small pie-dish, pour in the custard; bake in a slow oven for about twenty minutes; do not move the dish till the custard is set, as it might curdle."

Evidently the writer of this recipe has had a good deal of worry with her custard puddings; with all the care in the world they would curdle. Even if she avoided "moving the dish till the custard is set," now and again the pudding would present disagreeable characteristics, for which she could in no way account.

In the first place, one egg is sufficient for the given quantity of milk, whereas the lady has the extravagant number of three. The milk should be boiled, and the dish containing the pudding be placed in another with water in it. Then, if slowly baked, a most perfect and smooth custard will be produced, being the very best form of nourishment for children or delicate people.

Among a host of false ideas that are the result of want of practical experience, we may record that of the writer who gravely says that "puff pastry cannot be made in summer without a refrigerator, because the butter is liable to become oily."

The same writer says:—"Nothing can be cooked under the potato-steamer without acquiring an unpleasant flavour." As a matter of fact, the most delicate pudding can be boiled successfully whilst the potatoes steam over it. We may here re-

mark that a potato-steamer might be as costly an article as a bain-marie, so rarely, if ever, do we find its use suggested, or any hint given, that by far the best way of cooking potatoes is to steam them.

One would have thought that the horrors of the melancholy remains of our cold mutton were already sufficient, without having them made into hash by "letting the meat just come to the boil."

The unpopularity of "twice-cooked meat" is entirely due to such methods as these. Except for really delicate people, there is no reason why hashed mutton should not, from every point of view, be an acceptable dish. In the first place, the onions must be thoroughly well boiled; and if these for any reason are objected to, the hash can be made sufficiently savoury without them. Gravy made from the bones must have all the fat taken off it, and be cool before the meat is put into it. Then the meat will be allowed to come slowly to the simmering point, and be continued at this point for something about an hour, or until perfectly tender, without being ragged. Then, again, every particle of grease will be taken off the gravy, which will be finished as by our recipe.

Now that butter is so expensive an article of consumption, it is necessary to know how to use suet, whenever possible, as a substitute for it. Pastry so light that no one can tell that it is not made of the best butter, can be made of properly prepared suet. Yet all the teachers of cookery direct that suet shall be "finely chopped." Thus the fat cannot mix properly with the flour, and only hard and greasy pastry can be made; but if suet is shred and well beaten into the flour, not only is a delicious crust made either for boiling or for baking, but about half the usual quantity will be required.

One might multiply instances of this kind to an unlimited extent, but those which have been cited will give an idea of the general want of knowledge of the first principles of the culinary art on the part of would-be teachers of it, and of their ignorance of what good cookery really is.

By good cookery we do not mean the preparation only of elaborate and high-class dishes, but that also which is commonly called "plain." The difference, indeed, in these lies not in the method, but in the

kind and quantity of the ingredients. It cannot be too much insisted on that "plain" cookery requires as much care and as much skill as high-class cookery. The roast leg of mutton, done to a turn, with beautifully browned potatoes, is, in its way, as great a culinary triumph as a gigot de mouton braisé à la jardinière.

In this little manual we give directions and recipes for such dishes only as are generally considered to come under the head of plain cookery. Our aim has been to make it suitable for the mistress of the family, the cook, and the teacher of cookery. Not only would we beg our friends to study each recipe carefully before putting it into practice, but also to study the whole plan and method of cookery contained in the

book. The two principles which the writer, in her long practical experience, has found to underlie all good work, are thoroughness, and economy in the use both of time and materials, and she would impress on all who wish to be good cooks that the secret of success lies in the faithful application of these principles to the business in hand. We are sure that there is no work so well worthy the earnest attention of the women of our day as the economical and skilful management of our food supplies. It is to those who are anxiously seeking to promote the cause of good cookery that we commend this little book, in the hope that it may be helpful to them.

MARY HOOPER.

GOOD PLAIN COOKING.

CHAPTER I.

METHODS OF COOKING, ETC..

Roasting.

A celebrated writer on cookery has said that there is so great an art in roasting well that a cook must be born with a talent for it. However this may be, it is certain that only those persons who are thoroughly painstaking, and in the habit of observing not only the different weights of joints, but their quality, and the length of time they have been kept, can roast well. It is not, as is often supposed, the made dishes which test the skill of a cook; their preparation is far easier than roasting a joint. Anybody who sends to table, not once in a way, but every day, a sirloin of beef, or a leg or a shoulder of mutton done to a turn, deserves to be considered a first-rate cook. No hard and fast rules will always apply to roasting; the circumstances of the case must be taken into account. When a great cook was one day asked "How long a turkey would take to roast?" he replied,

"Show me the turkey, the fire, and the cook, and I will tell you."

Experience, then, must supplement all rules, but once having grasped the principles we have laid down, an intelligent application of them will soon enable anyone to roast a joint of meat to perfection.

There are now in general use three methods of roasting:—

First, before an Open Range.

Second, in the oven of a Closed Range.

Third, in a Gas Oven.

As to the first.—Many people consider that meat is best roasted before an open fire. This, however, is a matter of opinion and not of fact. One thing is, however, certain, it is by far the most troublesome method, and demands an extravagant expenditure of fuel.

A large and bright fire must be ready when the meat is put down; and the great art of roasting well by this method is to maintain the fire thus during the whole process—small pieces of coal being added from time to time to keep it up.

It is always a good plan to use a hastener or metal screen, which must be bright, so as to radiate the heat, and to let it stand before the fire

to get hot before the joint is put down. If possible some dripping should be made hot in the pan, so that the basting may commence early.

As the heat of the fire will be greater at the bottom than at the top, the thickest part of the meat must be downwards. The hook having been passed through the thin end of the joint, it is placed on the jack, or, failing this, is attached to a ball of worsted, and put as near the fire as possible. The object of thus applying a great degree of heat to the meat, is, by the rapid action of it, to form a sort of skin which will prevent the gravy running out. In about ten minutes draw the meat about half a yard from the fire, and baste with the hot dripping every ten minutes.

The old rule of a quarter of an hour to a pound of beef or mutton is a good one. As has before been observed, however, all the circumstances of the case must be taken into consideration. If the fire is good, a hastener used, and the meat of fine quality, an hour and forty minutes will be sufficient to roast a leg of mutton weighing eight pounds, and an hour and a half a joint of beef of that weight. When the joint begins to give out little jets of steam, it is a sign that the meat is nearly done.

Veal, pork, and lamb require to be roasted somewhat more quickly than beef and mutton; and the time of cooking must be regulated by the thickness of the joint rather than by its weight.

When the meat comes in from the butcher carefully examine it, especially in summer, lest flies have attacked it, and always wipe it well with a clean wet cloth. If there is the slightest degree of staleness use a little vinegar in the water. Before putting the meat to the fire, rub it well over with salt, a little pepper and flour. The salt improves the flavour of the meat, and does not, as some people suppose, cause the gravy to run out. When meat has been frozen, it will, after being gently thawed, take less time than given above.

The second method, Roasting in a Closed Range.—Some of the ovens of these ranges are not properly ventilated, and as in this case air cannot circulate round the joint it acquires a disagreeable and unwholesome flavour. A properly ventilated oven, if

kept clean and free from grease, should always smell sweet.

The greatest care must be taken to keep the roasting oven clean. If fat is allowed to remain from day to day in the oven, it burns, and impregnates the meat with a most unpleasant and unwholesome odour.

The dripping-pan should be double, and the under one must contain water. The meat should be placed on a stand like a gridiron, bone side uppermost. If it is not possible to roast the meat rapidly for a short time, as in the case of an open fire, put it into a kettle of boiling water, and boil it rapidly for five minutes. Dry in a cloth on taking out of the kettle, have hot fat in the dripping-pan, baste, and roast by the usual scale.

The third method, Roasting by Gas.—Experience has shown that in a good gas-oven cooking of all sorts, and especially roasting, can be most successfully done. Two faults are common in roasting by gas—the meat either is sodden so that one can hardly tell if it is roasted or stewed, or is dried up, and even burned on the outside. Sometimes the fault can be referred to the stove being of inferior action, but more frequently to a want of knowing how to regulate the gas. Some stoves cook rapidly, and unless the gas is kept low things must be spoiled. Sometimes the supply of gas is insufficient, and in this case nothing can be properly done. The point, therefore, is to study how to regulate the heat, and to understand the precise action of the particular stove with which we have to work.

Gas stoves lined with a non-conducting substance have the advantage of retaining and radiating heat, and the cooking done by them cannot be surpassed. In stoves of this make it is not necessary to baste meat whilst roasting. It is a good plan to put hot fat over such things as poultry, game, and small joints of meat before suspending them in the oven. Cooking should go on rapidly at first, as by other methods of roasting, the heat being checked in about ten minutes.

Boiling.

It has been said that “the best way of boiling meat is not to boil it at all”; in

other words, that the process must be so slowly carried on that the liquid medium never reaches boiling point. The French method of cooking is so superior to our own, because by it food is cooked at the point known to us as simmering. It does not matter whether it be fish, flesh, or fowl, the same rule must be followed—they must, one and all, be slowly cooked.

The rule of closing the pores by the rapid action of heat applies equally to boiling as to roasting. Have ready a kettle containing sufficient boiling water to cover the meat, adding a teaspoonful of salt to each half-gallon of water for fresh meat, and having well washed the meat, plunge it in, and let it boil fast for five minutes; then take off all scum that has risen, draw the pot to a cooler part of the range, and let it simmer until the meat is done.

A quarter of an hour to a pound is the time usually required for cooking mutton by slow boiling; but if the meat is inferior it will take much longer to make it tender. Pork requires rather more time, and lamb rather less than mutton.

Salted meats—beef and pickled pork—are best put into warm water, and allowed to come gradually to the slow-boiling point. Twenty minutes to the pound will be about the time for them.

Ham and bacon require somewhat special treatment, and directions for cooking these will be given under this head.

Fish should be put into boiling water, and after having been allowed to boil for a minute, must be slowly cooked. It must be covered with liquid, and it is best to leave the lid off the kettle, as it will not then boil fast. Whenever possible, fish should be boiled either in the liquor in which fish has been previously cooked or in weak stock, as the nourishment and savour of it are both thereby increased.

Puddings, whether in basins or in cloths, should be plunged into fast boiling water, and then kept on the boil. If the water is allowed only to simmer slowly it will soak into the puddings.

The rule of plunging all vegetables into boiling water is almost universal, and they are best kept boiling quickly during the whole time of cooking. Potatoes, however, should be put on in cold water,

otherwise the outer layers will be overdone while the middle is still hard.

Stewing.

Stewing is one of the best and most wholesome forms of cookery, but is not in such general use or so popular as it should be, because people do not take the necessary time and trouble for it.

If properly conducted, stewing is a slow process, and renders meat and vegetables thoroughly tender, so that if there is no excess of fat, stews are usually most digestible. Moreover, there is no waste, as the vegetables and gravy absorb any nourishing or flavouring substances which may be extracted during the process of cooking. The great points are to cook slowly, not to use too much liquor, and to remove all excess of fat. Stewing is particularly useful when dealing with tough meat or fowls.

It should always be remembered that a greasy stew is not only a most indigestible but a most unpleasant dish, and that, therefore, the greatest care must be taken to free the gravy from fat.

A perfectly clean stewpan, with a lid fitting well, is indispensable for stews of every kind, and the two general rules, always to be observed, are those of long and very slow cooking, and the careful removal of floating grease.

Each kind of stew requires some additional instructions, which will be given under the several headings.

Certain vegetables, such as onions, celery, and lettuce, are best stewed.

Braising.

The French have a process of stewing which they call braising. The meat and vegetables are placed in a shallow fire-proof earthenware or enamelled pan, with only a small amount of water, just enough to form a layer at the bottom of the pan. The pan is then tightly covered, and placed on a hot plate to stew very slowly. The dish is usually finished by heaping hot embers on the cover, to brown the top part of the

joint. Braised meat is delicious, and the toughest joint is made tender.

Frying.

There are two kinds of frying. The one is cooking things in a pan with a small quantity of fat, and this is more properly described by the French word *sauté*, which means to toss in fat.

Frying, proper, is immersing the thing to be fried in hot fat at such a temperature as will instantly close up the pores and brown the outside. The fat at this temperature is sometimes called "boiling," but it really is some degrees below that point. When fat begins to smoke it may be considered ready, and if allowed to go beyond this point will become scorched.

Any kind of fat at the proper temperature will answer for frying. No one can tell whether things have been fried in oil, mutton or beef fat, as, provided it is hot enough, no taste whatever is left.

If dripping is used, and there is nothing better for frying, it should be clarified, that is, by dissolving it in boiling water. Care must always be taken to free the fat from water, which makes it splutter. As water boils more quickly than fat, it causes a sort of explosion, and is a fruitful source of accidents in frying.

It is usually considered extravagant to use as much fat as is required to carry out the process properly; but it need not be extravagant, for if due care is taken the fat can be used several times, and finally will answer for fish.

A wire basket is very useful for frying many small things, and sprats as well as whitebait are much better cooked in it than any other way; and there is the great advantage of being able thoroughly to drain away the fat.

The best kinds of frying pans are those of planished iron. Although somewhat expensive, it is money well spent, because they last a life-time, and can always be kept clean, both inside and outside. They can be bought at first-class ironmongers. When things are slowly fried, the best kind of fat should be used, because the flavour of it will be taken up. As only a small quantity in this case is required, butter,

bacon-fat, or good lard can generally be afforded. Steaks, chops, and kidneys never ought to be fried, as this method of cooking renders the meat tough and indigestible.

Broiling.

The fire for broiling must be bright and clear, and the bars of the gridiron be perfectly clean. Chops, steaks and kidneys are the articles usually selected for broiling; the smaller kinds of fresh and dried fish are also frequently so cooked, but unless great care is taken they are apt to be dry. Herrings should not be split for broiling, they can be perfectly well cleansed whole. For meat, only gridirons with concave bars connected with a gravy receptacle should be used. The bars should always be slightly greased before being placed to the fire.

The same rule which applies to roasting, namely, closing the pores of the meat by the rapid action of heat, applies also to broiling. One side of the chop or steak should be quickly browned, and then the other side. After this it should be frequently turned, either about every two minutes, or when gravy is seen to rise on the uppermost side.

The time things take depends on their thickness and the state of the fire. One sign of the heat having penetrated to the middle of the meat is the giving off of little jets of steam. At this point the meat will be done enough for most tastes.

In kitchens where there is plenty of hot fat, cooks dip the chop or steak into it, thus closing the pores before putting it on the gridiron.

It is sometimes more convenient to use a hanging gridiron before the fire, and the same rules serve as those for cooking over the fire.

Steaming.

Almost the only things steamed in English kitchens are potatoes, and for this purpose a proper saucepan, with tin steamer is used. It is to be regretted that fish, meat, and puddings are not more generally cooked by this method, as thereby a good deal of waste of nourishment would be pre-

vented. The difficulty in ordinary kitchens of steaming large pieces of fish or meat is that there is no suitable vessel provided. Indeed, as they are so little asked for, iron-mongers rarely keep them in stock. Anybody, however, who will go to the trouble and expense of getting a proper steaming kettle will find themselves amply repaid, both by the superiority of cooking and in things going farther than when boiled.

Puddings can be steamed in an ordinary saucepan, provided the lid fits well. The pudding should be put on a trivet or wire baking stand in the saucepan, with boiling water enough to cover two or three inches deep of the basin. Let the water boil gently, adding more to it from time to time to keep the original quantity.

The puddings most suited for steaming in this way are batter, custard, bread and butter, and soufflés. Those with suet crust properly made, as directed in our recipes, if not too large in size, are also best steamed.

The time to be allowed for steaming is usually rather longer than that for boiling: much, however, depends on the way the process is carried out. The utensils, consisting of a water receptacle and a series of steaming compartments fitting one above the other, are very useful, especially in households where it is impossible to give much or constant attention to cooking; with these multiple steamers a whole dinner can be slowly cooked with very little supervision when once everything has been prepared.

Baking.

Experience can alone teach the art of managing ovens, for they vary so much in their action that only general rules can be given.

Great care should be taken to cleanse the flues, and to keep the draughts free from soot and ashes, for unless they are in order baking cannot be properly done. Very often the oven is blamed when the fault lies with the person in charge of it. Both soot and ashes are non-conductors of heat, thus preventing the ovens getting hot, making them unreliable, and causing great waste of fuel. Many cooks can

tell by touching the handle of the oven with the palm of the hand if it is right for baking, others by putting the hand in the oven itself, can determine this. More inexperienced persons ascertain the temperature by putting a piece of white paper on the baking-sheet: if it ignites as soon as the door is closed the oven is too hot, but if merely scorched it will be at what is called "dark brown paper heat," and be right for putting in bread.

The next degree of heat is "light brown paper heat," and is suitable for baking meat pies. In each case the colour should be given quickly to the paper after the door of the oven is closed.

The third degree is "dark yellow paper heat," and is that which is required for most kinds of cakes and pastry.

The fourth degree is "light yellow," and is what is generally termed a slow oven.

It is easy also to ascertain the temperature of the oven by sprinkling a little flour on the baking-sheet: if it gets burned in a few minutes the oven will be too hot; if, on the other hand, it is long in browning, it will be too slow for cakes or pastry.

The ovens in private houses are generally of iron, and with proper management answer very well for all domestic purposes. It is to the action of steam in the baker's oven, in which there is a scientific arrangement for the due circulation of it, that the light crust of their fancy bread is due.

Gas ovens are now largely used for baking, and small things are done very nicely in them. Modern gas ovens are well ventilated, lined with non-conducting materials, and supplied with a number of burners which can be separately regulated. The best stoves are fitted with a thermometer, and thus the exact temperature requisite for baking or roasting is at once seen without opening the door of the oven.

Foreign Meat.

An enormous and steadily-increasing quantity of meat is annually imported into the United Kingdom from abroad. Much of the lamb and mutton comes from our Colonies—Australia and New Zealand—but

the chief source of the supply of beef is South America. This meat is, as a rule, of very fair quality, and this is especially true as regards lamb and mutton. Formerly the meat was packed on board ship in cold chambers and frozen. This had the advantage of keeping the meat absolutely sweet, as all life processes were arrested by freezing. But it had the disadvantage of causing considerable physical modification in the tissues, as in the process of freezing the liquids in the meat underwent expansion. When the meat was removed from the cold chamber and rapidly thawed, there was a noticeable loss of weight, and a certain flabbiness, due to the escape of moisture and the disruption of the tissues during freezing. The result was that the meat was rather poor in flavour, rather stringy and indigestible, and did not possess very good keeping powers. This applied particularly to beef, owing to its naturally coarser fibre and larger percentage of moisture as compared with mutton. For these reasons freezing has been largely abandoned. Most meat imported from abroad—all lamb and mutton coming from the Antipodes—is brought over in cool chambers, wherein the dry air is kept at a very low temperature, but several degrees above freezing point. Moreover, the meat on arrival is exposed to a slowly rising temperature. This treatment prevents loss of weight, the meat is more juicy and tender, and consequently more palatable and nourishing. But while freezing put a stop to all chemical processes, though causing objectionable physical alterations; the cooling system, while causing practically no physical modifications, does not quite arrest bio-chemical processes. The consequences are, though "cooled" meat is nicer and more nutritious than "frozen" joints, its keeping properties are not so good. Imported meat must, therefore, be most carefully kept, preferably in a dry, cool larder, eaten as fresh as possible, and be thoroughly cooked. Joints, especially those with large cut surfaces, must be exposed to a very high temperature on first being placed to cook, because the "sealing" process is particularly necessary in this case in order to prevent loss; then it should be cooked slowly at a uniform temperature. Australian and New Zealand lamb and mutton

make excellent roasts if a little care is taken with the joints; but South American beef is decidedly inferior to British beef for roasting purposes; it is best to stew or braise it. Foreign meat does not make good soup, and should be avoided when mutton broth or beef tea has to be prepared for invalids.

Preserved Meats.

The preservation of meat by salting, smoking, or coating with honey was practised for many centuries before Appert introduced the new method of partly cooking foods in glass bottles and excluding the air as thoroughly as possible. As a result of Appert's discovery housewives are now offered a bewildering variety of fish, fowl, meat, vegetables, and fruits preserved by various processes and put up in earthenware, glass, or tins. Such foods are neither so nourishing nor so wholesome as the fresh articles in their due seasons. But they are of immense help in economical housekeeping; for potted meats and fish enable appetising relishes to be placed on the breakfast or tea table without undue extravagance. Other tinned foods should, for the most part, be left for those who are unable to avail themselves of the facilities that well supplied markets offer. Nevertheless, there are times when the country and even the town housewife will find tinned foods of great service; such as when a meal has to be hastily improvised, or, owing to the advent of unexpected guests at the last moment, a dish or two added to the luncheon or dinner table. In such cases a tin of soup is invaluable. The tin should be opened carefully, and the soup slowly heated. If there is sufficient time, the flavour is much improved by the addition of fresh vegetables; these, if not quite cooked, can be removed before serving. Send up with the soup some well fried bread cut into small dice. Tinned lobster and salmon can be shredded with two forks, mixed with a small quantity of breadcrumbs dipped in milk, an egg well beaten, then formed into croquettes, rolled in breadcrumbs, and fried. The salmon, if in good slices or flakes, can be gently warmed in a stewpan, with a sauce

composed of a little water and a liberal allowance of piccalilli pickles (both pickles and liquor). Roast tinned meat is disappointing, but corned beef, if cut into small pieces or shredded, makes a very nice curry. If rabbit is used, prepare a good onion sauce, and when thoroughly cooked add the rabbit, and stew slowly until the meat is quite hot. The habitual use of tinned foods should be avoided, both for health and economy sake. Before using, always examine the tins carefully. They should be free from holes or rust, and the ends should be slightly concave. If there are pin-holes or the ends bulge outwards, reject the tins, as this shows that air has got into the tin, and air at once induces putriferous processes. When the tin is opened at once turn out the food into a clean plate or dish; never let it remain in the tin, as the air, acting on the moisture and the tin, may produce poisonous effects. Let the food be consumed at once; it is inadvisable to allow it to stand even in a cool larder for more than a few hours. The exceptions to this rule are corned beef, which will remain good for some days, and foods preserved in oil; the latter may be safely left in the tin, though sardines preserved in oil and tomatoes had better be turned out into a china or glass dish. If there are any signs of mould on foods put up in china or glass, it is safer to avoid them.

Meat Extracts.

The meat extracts on the market serve a useful purpose, though it should be remembered that they are rather stimulating than nourishing, as in the process of manufacture the albumen and fibrin are excluded. Apart from their service in invalid diet, they are helpful in the hands of a judicious cook, as a little extract adds strength, colour, and flavour to soups and sauces. Certain vegetables—celery and lettuce for instance—if stewed in a very little water in which meat extract has been dissolved, about half a teaspoonful of extract to half a pint of water, make dainty dishes. Great moderation must be shown in its use for ordinary cookery, otherwise the flavour will be too strong to be pleasant.

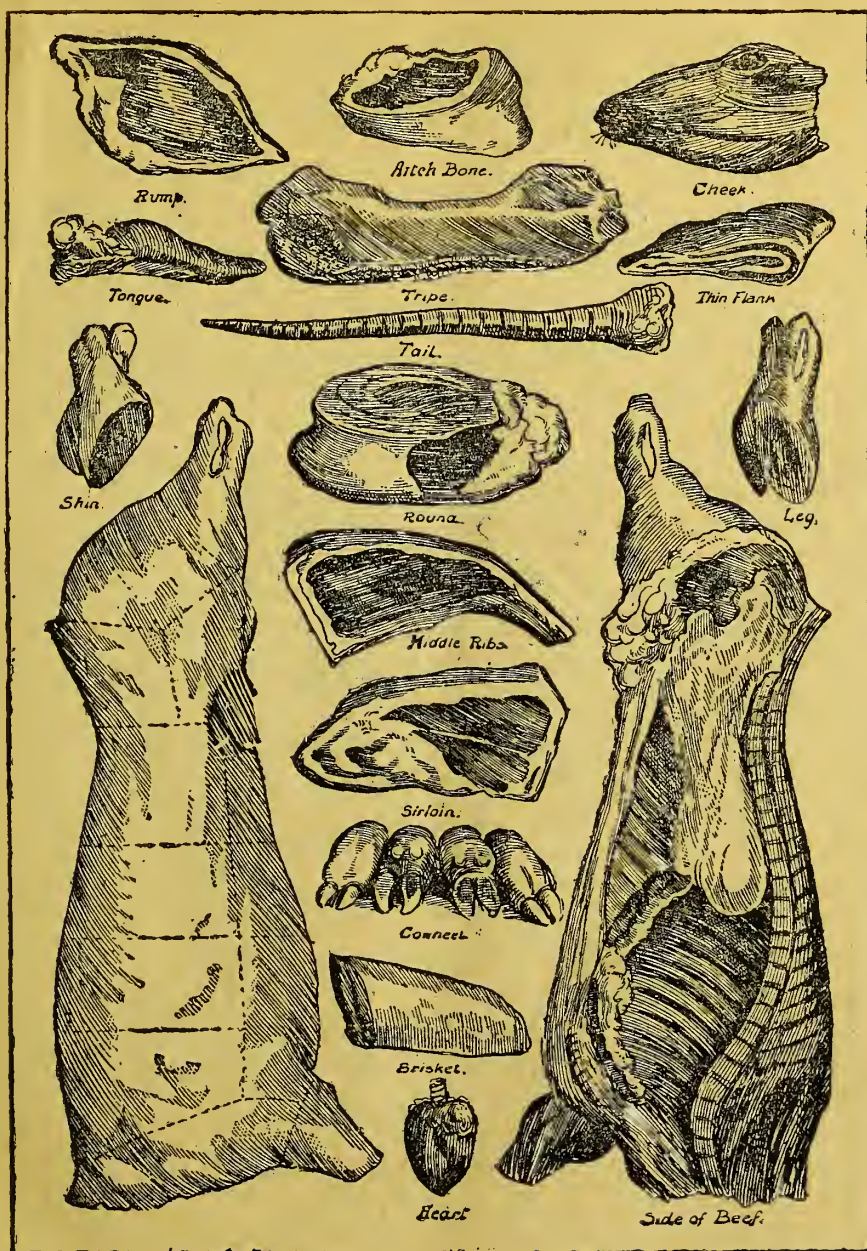
Meat essences differ widely from extracts. They are really solidified broth, and, if properly made, should contain, besides the gelatinous parts of meat, a portion of the extractives, as well as albumen in a digestible form. Meat essences are practically confined to invalids' diet. They are usually eaten like jellies, but may be dissolved by heat, with a very little water, in a water-jacketed saucepan.

Dried Fruits.

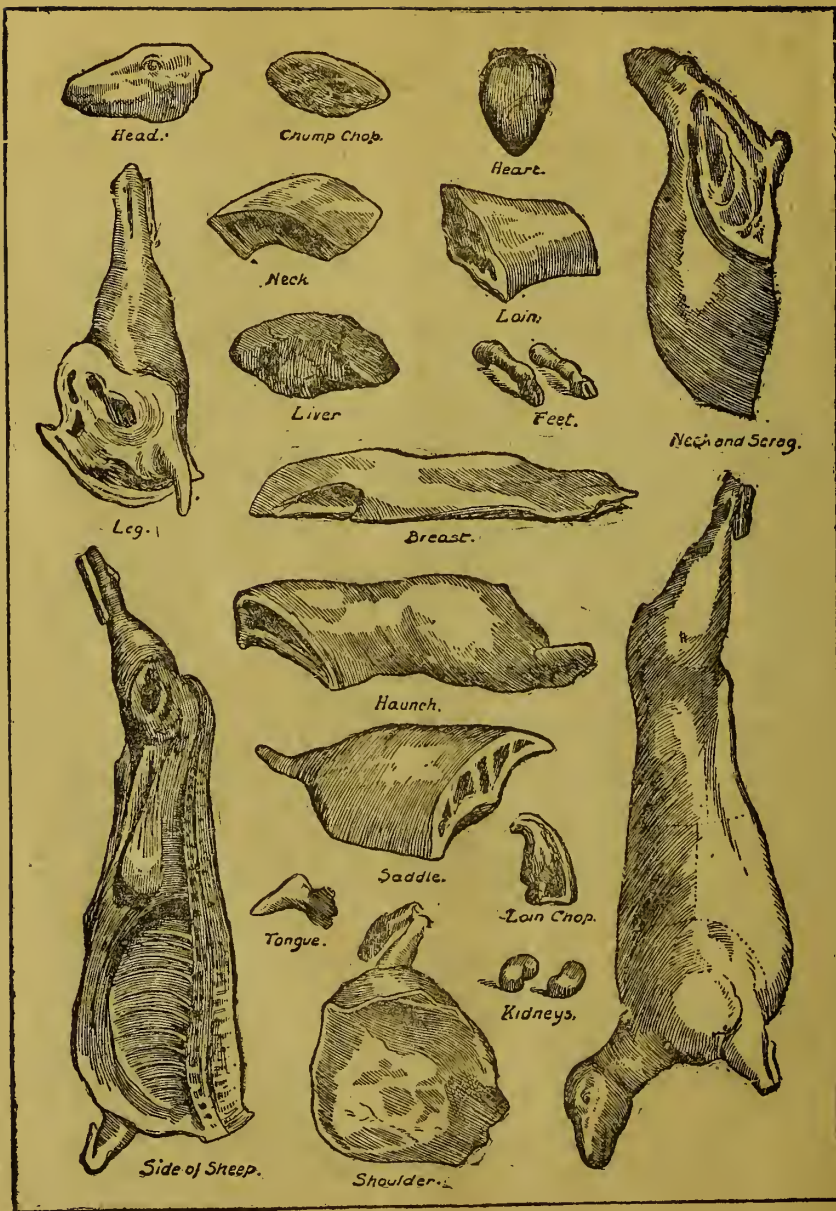
Dried fruits, such as currants, raisins, figs, prunes, and dates, are a wholesome and nourishing form of food, most useful for the preparation of puddings and other sweet dishes. Of comparatively late years desiccated apples (peeled and cut in rings or quarters) and apricots have been largely imported. These are well adapted for making compotes and for filling pies, tarts, or puddings. The fruits are gathered in large orchards, and after preparation, are dried in hot air chambers. The dried fruit usually requires washing in tepid water. They should then be placed in a pie dish, and sufficient water added to cover them. Allow to soak until quite soft, adding more water from time to time, as the moisture is absorbed by the pulp. Apricots require rather longer soaking than apples. Now use the fruit in the same way as fresh fruit. If, however, it is proposed merely to make a compote (to stew them), place in a deep pan with a little water, and stew quite slowly. When nearly cooked, add sugar to taste. If the sugar is added at too early a stage it is apt to caramelize and harden the fruit. Apples are improved by the addition of a few drops of lemon juice and a small piece of the rind, pared very thinly. Stewed fruit, not over sweetened, makes an appetising dish, accompanied by rice or sago, either plain boiled or cooked in milk. The great secret of making the most of these dried fruits is to soak well before cooking, and only in sufficient water to replace the lost natural moisture.

Invalid Cookery.

In preparing food for invalids cleanliness and daintiness are essential. Small quan-



THE JOINTS OF BEEF.



THE JOINTS OF MUTTON

tities neatly dished should be the rule. It is very necessary that everything should be thoroughly and easily digestible. Therefore, in the early stages, liquid forms of food—beef tea, broths; eggs beaten in milk—are preferred. The next step is to introduce jellies—solidified beef tea or broth. Then white fish, such as soles, whiting, smelts. These should be boiled, or rather stewed. Boiled mutton is usually the first meat to be given. Greasiness must be avoided, all soups being carefully skimmed, and when frying is permitted good butter should be used. Roast meat must be freed from fat, and be neither too dry and overcooked nor underdone. Sauces are inadmissible. During early con-

valence well cooked cauliflower, asparagus, sea-kale, young fresh peas may be given, the first three accompanied with rather thin white sauce. Stewed onions are much appreciated by many patients, especially by consumptives, and are usually beneficial. Baked apples are in most cases excellent, being palatable and most wholesome. They may at first be simply baked and served with castor sugar; next the core may be replaced by a lump of butter kneaded with sugar, or with whipped cream. Boiled rice or sago may be served with the apples. Bread should be taken in the form of thin, crisp toast—given just a rich golden hue, as it is more digestible.

SOUPS.

CHAPTER II.

Soup is much less used in England than it ought to be, or than it would be, if the art of economising and of turning to account every scrap of suitable material were better understood. Soups for the family can be very cheaply made, and it is a mistake to suppose that in order to be nourishing they must be made of meat. Fish and vegetable soups are in all respects good food, and with management no day need pass without some kind of soup being served. Clear, purée, and some other high class soups, must be expensive, because they can only be successfully made with proper materials. But even such soups may be made much more cheaply than by some of the old and tedious methods, as will be seen by our recipe for a superior clear soup.

As to what may be called household soups, we will say that the liquor in which any kind of meat, rabbit, fowl, bacon, pork, fish, or vegetables has been boiled, can be made into soup. Some objection will be started by those who have not tried it, to the last, but since in France such liquor is always made into soups, why should it be thrown away here? Among nourishing pot

liquor, which is usually thoughtlessly drained away, we may name that of rice, macaroni, and haricot beans. Each of these forms an excellent base for soup, and a serious waste is incurred when they are not utilised. Haricot bean liquor, however, should at once be converted into soup, because, owing to the form of the albuminous substance so abundantly present, it is apt to soon turn and become unwholesome. In this, as in all culinary matters, the exercise of thought and a little invention is necessary in order to make such simple materials as are to hand available.

We will suppose that a quart of liquor in which rice was boiled was left from the day before. Mince two or three onions and a little celery, boil them in it until tender. When done thicken a little flour mixed smooth in half a pint of milk; add pepper and salt, and, if liked, a very little minced parsley. Serve with fried bread, and you will have as palatable and nourishing a soup as need be eaten.

This will serve for a model of what can be done in every kitchen, and our recipes will furnish a number of simple and inex-

pensive soups which may with great advantage be added to the daily fare of all classes of the community.

If soup meat has to be bought, care should be taken to select not only the best meat, but those parts which yield the most juice. The popular notion that because soup will jelly when cold it is strong has often been shown to be a fallacy. But to encourage this notion, shin of beef is often used to make soup because of the large quantity of gelatine in it. We all know how expensive, as well as how flat and tasteless, soup made of the shin usually is. The same remark applies to the knuckle of veal, although it makes better soup than the shin of beef.

If cleanliness is necessary to secure the perfection of all culinary operations, it is more especially necessary in making soup. The pot in which it is made must be perfectly bright and clean, there must be no incrustation on the sides or bottom, and it is certain if there is a peculiar smell it will be imparted as a flavour to the soup. Vegetables must be carefully cleansed, and in order to avoid the necessity of long boiling, should be minced or cut up small. The addition of sauces ought not to be necessary for even weak soups; flavour should be given by vegetables, in addition to that of the meat.

Meat and onions, when fried, make soup richer and of better flavour than when boiled raw, and thus sufficient colour is given without the objectionable addition of artificially prepared browning. If, however, it becomes necessary to use a few drops of this, it should be home-made.

The practice in vogue in many kitchens of keeping the stock-pot always on the range, and of adding bones and trimmings as they come to hand, is not a good one. By this method only a decoction of bones is obtained; and we all know what a sickly odour pervades the house when the lid of the stock-pot is raised.

Stock should be made every day in a large, and as often as possible in a small, family. The cook who has stock always on hand will not be at a loss to send up a little soup or to vary her dishes, or make them more appetizing. When the materials have boiled for three or four hours all use-

ful nourishment will have been extracted from them; the stock should then be strained, and allowed to get cold in order to remove all fat.

It is best to fry trimmings and scraps even for common stock, and this, when well made, with the addition of a tin of any good preserved soup or meat-extract will be at once converted into a first-class, though inexpensive soup.

In order to avoid the unpleasant look of scum sticking round the plate, it is necessary to thoroughly skim soup. If this is not effected in the preliminary process, put the stock or soup into a saucepan, and boil without the lid, removing the scum as it rises. If, in doing this, the soup gets too much reduced, add water to bring it to the required quantity.

The free use of vegetables, and especially of onions, is recommended in soup-making. The presence of the latter will never be objectionable to any one if they are boiled long enough to be perfectly tender. At this point it is a good plan to take them out of the soup, as after this they absorb more flavour than they yield. These vegetables should never be thrown away; having been cooked with meat, they are valuable and nourishing food. In summer they make excellent salads; or they can be curried, and, indeed, used in a number of ways, thus giving a most useful variety to ordinary fare.

Clear Soup.

For each quart of soup take a pound of fine beefsteak, without fat; cut it into small dice-like pieces, and put it into a stewpan with two and a half pints of water. Let it come slowly to the boil, and then remove the scum as it rises. It is important that this point should be carefully attended to. Allow the meat to boil gently for two hours, then strain.

While the meat is boiling, cook a small turnip, half a carrot, and two onions, in half a pint of water. These must not be boiled soft, the object being to use the liquor from them as clear as possible to flavour the soup. Put it into the stewpan with the soup, and when it has boiled,

season with pepper and salt, and strain through a fine, close cloth.

If it has been properly managed, the soup will then be perfectly clear, and when re-warmed will be ready to serve; but if from any cause the soup is cloudy, it must be clarified in the same manner as jelly.

Beat up the shells, previously washed, and the whites of two eggs, stir them into the soup when it is not very hot, then allow it to come slowly to boiling point, and to continue boiling for five minutes. Strain through a jelly bag kept for the purpose, or, with care, the soup can be put through a cloth as before directed.

A richer soup is made of the same quantity of material and the addition of two ounces of lean ham, and by frying the meat and onions. This done, proceed as above.

Julienne Soup.

This is merely clear soup, with the addition of vegetables, prepared as follows:—Shred the red part of a carrot neatly into strips about an inch long, cut up a turnip and the white part of a small stick of celery into similar lengths; boil them in salted water until half cooked. Put two lumps of sugar into a cupful of the soup, let the vegetables boil fast in it without the lid of the stewpan, and when they have become glazed put them into the soup. Watch, and turn the vegetables about whilst glazing, as they are liable to dry up.

Vegetables prepared for Julienne can be bought at all Italian warehouses. They require to be soaked for some hours in cold water, and then to be boiled until tender.

Gravy Soup.

Cut two pounds of beef from the neck, or beefsteak, into dice, and fry it brown. Slice and also fry, but separately, a pound of onions. Put these, with a slice of lean ham, or bones from which streaked bacon has been cut, into the soup pot, with two quarts of water. Let it come slowly to the boiling point; then take off all scum, and add two large turnips, a carrot, a

small bundle of sweet herbs, and half-a-dozen peppercorns. Let the soup boil gently for three or four hours, and an hour before it is finished add a little piece of celery, or celery-seed tied in muslin.

When done, strain the soup, and let it get cold, in order to remove any fat. When ready to serve, boil up the soup, thicken it slightly with a little flour, and potato flour, mixed smooth in cold water. Season to taste, and pour on to small forcemeat balls in the tureen. The flavour of gravy soup may be heightened, according to taste, by the addition of a little sherry, lemon juice, and chili vinegar.

The addition of a calf's foot, well broken up, makes the soup gelatinous, but the same result can be attained by using leaf or shredded gelatine in the proportion of an ounce to each quart of soup.

There is some art in frying meat for soup. Very little if any fat must be used, and the meat requires to be very rapidly done, and to be stirred about so that the gravy, as it runs out, may be dried up. Onions, if fried in plenty of fat, are soon done. Care must be taken not to get them in the least blackened, as they then impart a strong flavour.

Ox-Tail Soup.

Divide the tail into joints, and fry it brown. Make the soup, with the addition of the tail, exactly in the same manner as gravy soup. Boil until the tail is so tender that the meat comes easily from the bone. Cut the meat into handsome pieces, and when required for the soup, let it get hot in a little stock, as if boiled up in the soup it would make it greasy.

When the soup is ready, put in two lumps of sugar, a glass of port wine, and put the pieces of tail into it, after it is poured into the tureen.

Ox-Cheek Soup.

This is an economical soup, and, at the same time, if well made, is very good. Half a head is usually sufficient for three quarts of strong soup.

Have the bones of the cheek well broken,

and wash it well in plenty of salt and water. Put it in the soup-pot and cover with water. Let it boil ten minutes then pour away this water. Fry six large onions, and put them into the soup-pot, with two carrots, two turnips, a head of celery, a blade of mace, six peppercorns, six cloves, a bay leaf, and as much stock, or water, as will cover the cheek. Let it boil gently for four hours, by which time the cheek will be done. Remove the meat from the bones, and choose some of the best pieces to serve in the soup. The remainder can be used for other dishes, and is very good.

Having strained and taken off the fat from the soup, boil it up, thicken it slightly with potato flour, season to taste, add a little lemon-juice, and, if liked, a glass of sherry.

Soups with Macaroni and Italian Pasties.

Macaroni for soup should, before cooking, be divided into suitable lengths of about an inch long. For a quarter of a pound of it have ready three pints of fast-boiling water, with a tablespoonful of salt. Throw in the macaroni, and let it boil quickly until done. It usually takes from twenty to thirty minutes. Put it when drained into the tureen, and pour the soup on to it.

The Italian pastes, or vermicelli, are cooked in the same manner, but for a shorter time. Some of these require to be boiled for ten minutes; for small kinds a minute or two will often suffice. Should the paste not be required for use as soon as cooked, put it into a cup of cold water, and when about to serve, drain, put it into the tureen, and pour the soup on to it boiling hot. The Italians cook macaroni, vermicelli, and fancy pastes in the soup itself.

Clear Mock Turtle.

Wash and cleanse half a fine calf's head. Put it on to boil with two quarts of water and a tablespoonful of salt; let it boil for ten minutes, then drain away the water.

Again put the head on to boil, with four quarts of water. Have a small knuckle of veal well chopped. Put it on to boil with the head. Carefully take off all the fat, add a tablespoonful of salt, six white peppercorns, and a very small blade of mace. When the pot has boiled for an hour and a half, put in four turnips, a carrot, and six onions whole, and let it boil for another hour and a half. When done, take out the meat, strain the soup through a very fine sieve, and allow it to stand until cold. Remove all fat from the soup, which put on to boil for twenty minutes, with a quarter of an ounce of dried mushrooms, previously soaked for an hour in cold water. These will heighten the flavour, and give colour; but if not convenient to use them, a few drops of browning may be substituted. Take out the mushrooms, boil up the soup without using the lid of the stewpan, carefully removing all scum as it rises, and by so doing the soup should be rendered perfectly clear. If, however, it is not so, beat up the whites and the shells of two eggs, these last having been washed before breaking, and having allowed the soup to cool, stir in the eggs, let it boil for five minutes, and strain through a flannel bag. Just before serving add salt to taste, a glass of good sherry, and a tablespoonful of chili vinegar. Cut the meat from the head in neat pieces about an inch square, let it get hot in a separate stewpan, and serve it in the soup. The bones of the head and the knuckle should be again boiled, and a small quantity of excellent thick mock turtle may be made from them. A portion of the meat of the head should be reserved to serve with it.

When not convenient to use a fresh calf's head, potted Mock Turtle Meat is an excellent substitute, either with clear or gravy soup.

Mock Turtle.

Procure the half of a calf's head, let it soak in cold water, with a spoonful of vinegar and a little salt, for two hours. Remove the brain, thoroughly wash the head, and then put it on with water enough to cover it, and a tablespoonful of salt.

After it has boiled up, throw away this water, and put in three quarts good stock, or water may be used; but in this case a pound of gravy meat must be added. Let it boil, skim well, add half a pound of lean ham, plenty of fried onions, and sliced carrots and turnips, a bundle of sweet herbs, peppercorns, and a small bit of mace.

Boil until the meat is tender enough to slip from the bones; it will take from three to four hours, according to the quality of it. Strain and take off the fat, boil up again, thicken with French potato flour, add a few drops of chili vinegar, the juice of half a lemon, and a gill of sherry, and serve with the brain fried, and the best portions of the head and tongue cut in neat little pieces.

Boil the brain very fast in a little of the liquor until it is firm. Let it get cold, cut it up into neat little pieces, egg and crumb them, and fry them brown in a little butter. The crumbs for this purpose must be very finely sifted, and should be mixed with an equal quantity of flour.

White Soup.

Chop two pounds of the scrag end of a neck of veal and one pound of scrag of mutton into small pieces; put them into three pints of water, with two onions, a large turnip, and a pinch of salt. As soon as the water boils, skim thoroughly, and allow the saucepan to continue gently boiling for three hours; then strain, and let the soup cool in order to remove the fat. Boil it up, stir in a tablespoonful of the French potato flour mixed smooth in half a pint of milk or cream, let it thicken, season to taste, and serve. The flavour of the soup is improved by the addition of a little mutton; but if required to be very white, it will be best to use veal only. If there is no objection, the flavour may be heightened by using a sprig of thyme and rather more turnip and onion.

Mutton Broth.

For this purpose have the scrags of necks of mutton, taking care that they are perfectly fresh. If kept a day after being cut

from the sheep, they acquire a flavour which renders them unsuitable for making delicate broth.

Having well washed the meat in tepid water, cut it into small pieces, and put it into a stewpan or stock-pot, with a quart of water to each pound of meat. If the broth is not required strong, put another pint of water; add a pinch of salt, and so soon as the pot boils skim the liquor, and repeat the operation until no more scum rises. If allowed, add two onions, a turnip, four white peppercorns, and, one hour before the broth is finished, half a small stick of celery. Let the broth boil for three hours very gently, and then strain it. If it be not immediately required, set it aside for the fat to rise; but if otherwise, plunge the basin into a vessel of cold water, which will cause the fat to rise rapidly; or if the broth is strong enough to bear it, a few spoonfuls of cold water added will have the same effect. Minced parsley should be served with the broth, and be sent up separately.

Pick and wash the parsley, throw it into a saucepan containing boiling water slightly salted, simmer for a minute, then mince finely.

It is better and cheaper to make broth of several scrags of mutton than of the whole of one neck, for the best end is not so suitable for this purpose, and is expensive on account of the great demand for it for cutlets.

The meat from which mutton broth has been made may be used for the family as follows:—Remove the meat from the bones, add to it a small quantity of fresh-boiled carrot, turnip, and onions, with a little of the broth nicely seasoned and slightly thickened with flour; gently simmer together for half an hour, and you will then have as agreeable and nourishing a dish as need be. Caper sauce may be served with it.

Veal Broth.

This is made in the same manner as mutton broth, choosing for it also the scrag end of the neck, and allowing a quart of water to each pound of meat, which will give a strong broth; add a turnip, two

onions, celery, peppercorns, and a sprig of thyme and parsley, or any of them as may be allowed. Veal broth is often thickened with rice or pearl barley, but the majority of invalids dislike the flavour of both. Boiled flour is more delicate, and in most cases preferable, as it contains less starch than either rice or barley. Should either of these be ordered, wash an ounce carefully, put it in when the broth has been skimmed, and boil the whole gently for four hours. Finish in the same manner as mutton broth. The French prepared flours, *fécule de pomme de terre*, and *fécule de riz*, are very light, delicate, and to be preferred to all preparations of corn-flour for thickening broth, etc., for invalids.

Giblet Soup.

The giblets of chickens, as well as those of geese and ducks, make excellent soup with but slight expense. They are to be bought very cheaply at the poulterers in large towns, but care must be taken to have them perfectly fresh. This soup should always be made the day before it is required for use, as the giblets take some time to prepare.

Have ready plenty of scalding water; pour it over the heads and feet of the chickens, cover them with a plate, and let them lie a few minutes. The skin of the feet will then readily peel off, and the feathers from the head be scraped away with equal facility. If any difficulty is experienced, put a little more boiling water, and again allow the feet and heads to lie a few minutes.

Having scraped and thoroughly washed, split the heads down the middle, break the inside bones, throw them into salt and water, and boil for five minutes; throw away the water and dry the heads in a cloth. Put them with the feet, the livers, gizzards, hearts, and necks, all washed and dried in a cloth, in a stewpan, with just enough butter, or other fat, to prevent their burning; turn them about frequently, and fry until nicely browned.

If you have enough giblets—four or five sets of chicken and two of goose will be required to make three pints of soup—gravity meat need not be used. Fry four or five

sliced onions, add them with three or four bacon bones, or a bit of ham, two turnips, a carrot, and a small bunch of sweet herbs to the giblets. Put all with two quarts of water, or any kind of stock, and allow it to boil very gently for three hours, being careful to remove all scum when it first boils. When done, strain the soup, and remove the fat from it. Soak half an ounce of dried mushrooms in a teacupful of water for an hour; boil this gently for a quarter of an hour, strain, and add the liquor to the soup, which boil up, season to taste, and thicken slightly with French potato flour.

Hare Soup.

Roast a fine hare for a quarter of an hour, and having cut away the meat in long slices from the backbone, put it aside to make an entrée. Or, if economy is not an object, use the whole of the hare.

Cut up the body of the hare, and put it with the gravy, which has dripped in roasting into the stock-pot, with a slice of lean ham, or bacon bones, four onions fried, a carrot, turnip, celery, a small bundle of thyme and parsley, half-a-dozen peppercorns, a blade of mace, and two quarts of stock.

When you have skimmed the pot, cover closely, and let it boil gently for three hours; then strain the soup, take off the fat, and, having allowed it to boil up, thicken with French potato and ordinary flour. Stir in a teaspoonful of powdered sugar, add salt if necessary, and a little cayenne pepper, and when about to serve, a glass of port wine.

This soup is finer if half a pint to a pint of claret is used, instead of the same quantity of stock. In this case, port wine will not be needed.

Mutton Soup.

Get a perfectly fresh sheep's head, dressed with the skin on, take out the tongue and brain, and reserve them to make a breakfast dish. Break all the thin bones inside the cheeks, and carefully wash the head in

several waters. After washing, should time permit, it will be well to allow the head to lie an hour or more in salted water. Put the head into a saucepan with three pints of cold water and two teaspoonfuls of salt, let it boil ten minutes, then pour away this water, which is only used to ensure perfect cleanliness. Put two quarts of cold water into the saucepan with the head, a pound of scrag of mutton cut up small, and a teaspoonful of salt; when this boils, skim the pot thoroughly; and having done so put in six onions, two turnips, two carrots, a sprig of parsley, a small teaspoonful of salt, and a large pinch of white pepper. Let the soup boil gently for four or five hours, or until the head is perfectly tender and will slip easily from the bones. Strain the soup and remove every particle of fat from it. Put the vegetables through a sieve to a fine purée, mix a tablespoonful of French potato flour or of corn-flour in half a pint of milk, let the soup boil, and stir in this thickening and the puree of vegetables; if necessary, add pepper and salt. Cut up the best pieces of the head into neat little squares, boil them in the soup, taking care that they are perfectly tender, or, if preferred, the soup may be served without this addition. Scald and chop green parsley, and serve separately on a plate. It is necessary in England to order a sheep's head dressed with the skin on, a day or two before it is required for use. It is to be regretted they are ever skinned, as much nourishment is thereby lost. Butchers do not generally charge their customers for dressing a sheep's head with the skin on, and in any case a few pence should suffice for the extra trouble of it.

Green Pea Soup.

Boil a quart of large peas in two quarts of water, with a little bundle of mint and parsley, about two dozen green onions, two teaspoonfuls of sugar, and a teaspoonful of salt. When the peas are done, strain and rub them through a fine sieve, put this purée back into the liquor in which the peas were boiled, adding a quart of good veal broth, and salt if necessary. Stir in an ounce of fresh butter, and serve.

The soup should be a beautiful green, and a pound or two of spinach boiled with the peas greatly assists the colour. Care must be taken that this purée is very smooth, and that it mixes well with the soup. Some cooks, to effect this, add milk and flour; but these are not proper additions, and ought not to be necessary.

Serve fried bread with the soup.

The tender green shells of new peas, if washed, then boiled for a long time in slightly salted water, and when tender passed through a fine sieve, will make a cheap and delicious green pea soup. Butter should be added a minute or two before serving.

Asparagus Soup.

Boil fifty heads of fresh green asparagus until tender, with a handful of spinach to give colour, in a quart of water, with a teaspoonful of salt. When the asparagus is done, rub all the green part with the spinach through a fine sieve, and add the water in which they were boiled to the pulp. Mix this with a quart of veal or other good white broth, boil all together, add salt, pepper, and a small teaspoonful of castor sugar. When the soup is ready to serve stir in a gill of good cream, or, if preferred, substitute an ounce of fine fresh butter.

Spring Soup.

Cut up two pounds of the scrag end of a neck of veal, put it on to boil in two quarts of cold water, with two teaspoonfuls of salt. As soon as the water boils, carefully skim the pot, and having done so add half-a-pound of onions, two turnips, a small carrot, a tiny bit of mace, a sprig of thyme, and four white peppercorns. Let the soup boil gently for three hours, adding a little water from time to time in order to keep the original quantity. When it has boiled enough, strain the soup through a colander, and then through a broth napkin. It should now be perfectly clear, but if there is any fat let it stand until cool and remove it.

Cut up a dozen small spring onions, the

same number of heads of asparagus, into the size of peas, and boil them in salted water until tender. Slice one small cabbage lettuce into fine shreds, throw into boiling water with salt, and let it simmer a minute, or until tender. When these vegetables are ready, strain away the water, and put them into a tureen, and having made the soup boiling hot, pour it on to them, and serve. The soup may require a little additional salt, and, if liked, a pinch of cayenne and a lump of sugar may be added.

Soup a la Greci.

This is one of the best and most acceptable of winter soups, it is also very wholesome. To make it, take about twenty very red carrots; clean them, take away all the red part, and cut it into clips. Do not use the heart of the carrot, which is yellow, and spoils the colour of the soup. Put the carrot, with six large onions, a head of celery, and four leeks all shred, into a stewpan, with an ounce of butter, and let them cook gently for half-an-hour without taking any colour. Then add a quart of good white veal broth, pepper, and salt, simmer the vegetables until they are tender, then rub them through a sieve to a purée. The soup must not be thick, and another pint of broth should now be added. Let it boil gently by the side of the fire for a quarter of an hour, carefully taking off all scum as it rises.

Fry crumb of bread cut into dice, about six pieces to each guest, put it into the soup tureen, and at the moment of serving pour the soup on to it.

Celery Soup.

Cut up three fine sticks of celery, mince three onions and a turnip, let them boil until tender in two quarts of white stock. Rub the vegetables through a fine sieve, let them boil up in the soup, which thicken with a tablespoonful of potato flour mixed smooth in a pint of new milk; a little cream is an improvement to the soup. Add salt and cayenne pepper to taste, and finish by stirring in a large pinch of castor sugar.

If cream is not used, an ounce of the finest fresh butter should be broken up and stirred into the soup after it is thickened. Serve with fried bread.

Mulligatawny Soup (No. 1).

Mulligatawny may be made very cheaply and yet be delicious. It is a useful soup to follow the day after serving boiled mutton, fowl, rabbit, or even cod-fish, as the liquor in which these have been boiled is good enough to make it. Take two quarts of any well-flavoured stock and boil in it four sharp apples, cored but not peeled, four onions, and half a stick of celery; if no turnip has been boiled in the stock, add one now. Boil all together until the apples and vegetables are tender. Strain away the soup, rub them to a purée or pulp through a sieve, and when this is done, again mix them with the soup. Mix two large tablespoonfuls of fine flour and a teaspoonful of curry powder, with a quarter of a pint of stock or milk. Let the soup boil up, and stir in this thickening. Cut into dice any morsels of fish, game, rabbit, or poultry you have in the house. Add them to the soup, and when it has again boiled pour into a tureen and serve. Two or three tablespoonfuls of cream stirred into the soup after it is poured into the tureen is a great improvement. Boiled rice should be handed round with the soup.

Mulligatawny Soup (No. 2).

Boil and slice a dozen large onions and half a dozen apples, coring the latter. Then place a couple of ounces of butter or clarified beef dripping into a deep stewpan, and as soon as it boils add the onions, etc., and fry slowly. Do not allow them to acquire much colour. Next dredge in by degrees six ounces of flour and a large tablespoonful of curry powder. Add three quarts of well-flavoured stock and a couple of teaspoonfuls of curry paste. Stir continuously until the stew reaches boiling point; then draw the stewpan to the side of the fire and simmer gently for an hour, removing all scum as fast as it arises, but not allowing the soup to reduce. Next

strain through a hair sieve, and return to a clean saucepan. Taste, in order to ascertain if the seasoning is correct, adding, if required, a little more salt; make very hot, and serve immediately with well-boiled rice, handed separately. If it is desired, small pieces of previously cooked chicken, beef, or rabbit, cut to size and heated in a little broth, may also be added to this to make it more substantial.

Palestine Soup.

Wash and peel a pound of Jerusalem artichokes, boil them until tender with two onions, a turnip, and a small piece of celery. When done, rub them through a sieve, and add to the purée sufficient veal broth or water to make the whole a quart. Let it boil up, and add half a pint of milk thickened with a tablespoonful of flour, two or three lumps of sugar, and pepper and salt to taste. Serve with fried bread.

Parsnip Soup.

Cut a parsnip into small pieces; boil it until tender; rub it through a sieve. Return it to the liquor in which it has boiled, and add water to make the whole one quart. Mix two tablespoonfuls of flour in half a pint of milk, let the parsnip boil, and stir in the milk and flour; add salt and pepper to taste, and three lumps of sugar. Serve with fried bread.

Pea, or Lentil Soup.

Dried peas contain a high degree of nourishment, and deserve to be more generally in favour than they are. Lentils, which are a foreign variety of pea, are even more nutritious than those of English growth. The flour of peas which is sold to thicken soup in a few minutes is, as a rule, destitute of the fine dietetic quality of the dried vegetable itself, and there is no valid reason for its use. As a rule, when pea-soup is given at dinner, the other dishes

should be light; not because the peas are in themselves indigestible, but because when eaten with food of an equal value the digestive organs may be too severely taxed. Thus fish pie is suitable to follow, as are all dishes containing but a small proportion of animal food.

Peas are excellent for children, in combination with milk; and in some cases a purée made of equal quantities of well-boiled rice and peas will be found more suitable than peas alone.

Dried peas should always be soaked, and where large quantities are used, it is desirable to grind them, as they then take less time to cook. Put the peas to soak in cold water for twelve hours, skim off any which float on the surface, drain, and tie them loosely in a cloth, which plunge into a saucepan containing plenty of cold water, and a piece of washing soda the size of a hazel-nut to each quart. The time the peas will take depends much on their quality, but they should be soft in less than three hours. When done, take the peas out of the cloth; if they will not beat up easily to a pulp, pass them through a coarse sieve, using milk or broth to facilitate the process. When perfectly smooth, mix the prepared peas with broth of any sort, in which a liberal allowance of fresh vegetable roots, turnips, carrots, onions, and celery have been boiled. If liked, a pinch of curry powder is an excellent addition. An economical and nourishing pea-soup can be made with peas prepared as directed mixed in the broth in which bacon or fat pork has been boiled; care must be taken not to make the soup salt. Dried and sifted mint is usually served with pea-soup; and in cases where vegetables have not been boiled in the broth, and it is not too salt, celery salt may be used to advantage. Fried or toasted bread should be served separately.

Haricot Soup.

Pour boiling water over half a pint of large white haricot beans, let them stand covered over for five minutes, then remove the skins in the same way as you blanch almonds. It is better to remove the skin before cooking, as it is indigestible, and the beans take much longer

to cook unskinned. Put the beans to boil in two quarts of water, with about two ounces of pickled pork or fat bacon, and two onions. When the beans are tender—they will probably take three hours, and water must be added, from time to time, to prevent them sticking to the stewpan—rub them through a sieve, add enough broth or water to make the soup a proper thickness, season, and add to it the meat cooked with the soup, very nicely minced. Let all boil together, and serve.

Milk Soup.

Mince two large onions, a turnip, and the white part of a small stick of celery; boil the vegetables in a pint of stock, or liquor fresh meat has been boiled in, or water. When the vegetables are done, rub them through a sieve, then add them and the liquor in which they boiled to a pint of milk; let it boil, season and thicken with a dessert-spoonful of French potato flour, or two of rice flour, rubbed smooth in a little milk or water. Serve with fried bread. In this and the two following soups, where there is no objection, a little white sugar should be added.

Bread Soup.

Boil a large onion and a turnip in a quart of water. When the vegetables are done, rub them through a sieve, and put them, with two ounces of French roll, broken up, not cut, into small pieces, into the water they were boiled in. Let the bread continue boiling for half an hour, stirring it to prevent sticking to the saucepan, and, if necessary, add water from time to time. When the bread is done, put by degrees a pint of milk, or as much as will make the soup a proper thickness; when it boils, add a teaspoonful of salt, a pinch of pepper, and an ounce of butter. Stir together, and serve.

Semolina Soup.

Use the best Italian semolina. Boil a quarter of a pound in a quart of water for

twenty minutes. When done, add the semolina and the water in which it was boiled to a quart of stock, well flavoured with vegetables. Boil together for a minute, and serve.

Egg Soup.

Slice two onions, fry a light brown in a little butter, add to them three pints of water, and let it reduce in boiling to one quart. When the onions are tender, strain them out of the liquor, and put them aside. Let the liquor boil, and add to it one tablespoonful of flour, mixed smooth in a quarter of a pint of milk, half a teaspoonful of salt, a pinch of pepper, and a pinch of sifted sugar; stir until the soup has thickened, then remove it from the fire and stir in gradually the yolks of four eggs. Have ready in the soup tureen two ounces of pulled bread, or slices of roll, dried in the oven. Pour the soup on to the bread, and serve.

Oatmeal Soup.

Put two ounces of oatmeal in a basin, pour over it a pint of cold water, stir it, and let it stand a minute; then pour over it quickly, stirring all the time, a pint of good broth; pour through a fine strainer into a saucepan, taking care none of the coarse part of the meal goes into the soup. Boil the soup for ten minutes, season, and serve.

Broth for Invalids.

Take half a fowl, two pounds of neck of mutton, two pounds of leg of veal; cut in pieces, put in a pan with four quarts water (cold), salt to taste. Let it simmer gently for two hours, and when cold take off all fat, and heat as required.

Vegetable Soup.

Two carrots, two turnips, two onions, two leeks, six large potatoes, one small stick of celery. Clean and slice the vege-

tables, put into a saucepan with two quarts of stock or liquor in which meat has been boiled. Bring to a boil, and simmer for two hours. Then rub the vegetables through a sieve or colander, put back into the saucepan with half a pint of milk, a lump of butter, and some pepper and salt. Reheat and serve.

Cabbage Soup.

One pint of cold water, into it put half a cabbage, cut fine. Let it boil. Strain off water. Put the cabbage into a saucepan with one ounce of melted butter. Stir. Add two pints of fresh water and one pint of milk, cooking fifteen minutes slowly, and stirring all the time. Add one tablespoonful of crushed tapioca, a little pepper, and salt. Boil ten minutes. Mince parsley, and put at bottom of soup tureen. Serve.

Bonne Femme Soup.

One small lettuce, one onion, half-an-ounce of butter. Wash and dry the lettuce. Put the butter into a saucepan, and when it is hot cut the lettuce and onion into it. Cook it well, turning all the time, but do not let it brown. Add three pints good white stock, let it simmer gently for half an hour, add one lump of sugar, and a quarter of a teaspoonful of grated nutmeg; toast a slice of bread very crisp, cut into narrow fingers, and dry in the oven. When ready to dish the soup up mix the yolks of two eggs in half a teacupful of good cream. Make hot, but do not boil after eggs and cream are added; put the fingers of toast into a hot tureen, and pour the soup over them.

Scotch Broth (Beef).

Two to three pounds of flat ribs of beef, one teacupful of pearl barley, one cabbage, one swede or field turnip, two carrots, one onion, two leeks, a little parsley. Put the beef and barley into a pan with four quarts of cold water, and let it slowly boil three-quarters of an hour; meantime prepare the vegetables. Cut up one carrot,

about quarter of a turnip, the leeks and onions in small pieces, the carrot and turnips about the size of a good pea, also two or three leaves of the cabbage cut small; put into the broth. Cut the remaining carrot into rounds, and some slices of turnip about one inch thick, put into the broth to boil. Have the cabbage soaked in cold water and salt, and one hour before the broth is done put it in whole to boil for a vegetable. Boil the broth altogether two hours and a half; when ready lift the whole vegetable out with a fork into a vegetable dish, to be eaten with the meat. Take the meat out, have the parsley chopped fine, put into the broth, and bring to the boil again; add salt to taste. If it gets a little thick add more boiling water. The broth can also be made with neck or leg of mutton.

Potato Soup.

Take one pound of potatoes and slice them with one leek, three sticks of celery, and one onion. Having melted one ounce of butter, soak the vegetables in it for a few minutes, then add a quart of hot water, one teaspoonful of salt and half a teaspoonful of pepper, and cook till all is quite soft, when it must be put through a wire sieve and returned to saucepan and placed on the fire again. Then take one pint of milk and as it boils gradually sprinkle in a little crushed tapioca or sago. Boil for ten minutes, stirring all the time. Add it to soup, warm up, and serve very hot.

Lentil Soup.

Red lentils, one pint soaked in cold water the night before; strain off water. Melt two ounces of butter or two ounces of clarified fat; add the lentils and one onion skinned and chopped. Stir to absorb butter. Add two quarts stock or water, pepper, salt to taste. Boil with lid on saucepan till lentils are soft. Pass through wire or hair sieve, heat again and serve. A teaspoonful of celery seed in a muslin bag may be added if liked.

GRAVIES AND SAUCES.



CHAPTER III.

One of the secrets of good and economical cookery is having a supply of gravy always on hand. This is a point to which a careful cook will give much attention. Our remarks on soup-making apply equally to gravy-making; both of them, for family purposes, are much more matters of good management than of expense.

To begin with,

Gravy for Joints.

For beef, mutton, and pork, gravy should be clear; for lamb and veal it is usually preferred slightly thickened, and a little butter is added.

The liquor in which a leg of mutton, or of lamb, a fowl, or indeed anything which is not too salt, is boiled, with a few drops of colouring, is good enough for the gravy of roasted meats. It can be made richer by the addition of the gravy which settles under the dripping from joints previously roasted.

The old-fashioned plan of making gravy in the pan after the joint is roasted is objectionable. Not only is there a risk of having greasy gravy, but unless it is expeditiously made the meat meanwhile gets cold. The water in which vegetables have been boiled, with the cheap addition of a little extract of meat, or the deposit from beneath dripping, is excellent for joints, though meat stock is to be preferred. In no case should either gravy or water be poured over a joint. Many cooks use only the latter, with a little salt, and thus sodden the meat.

Although it is not desirable to make gravy in the pan, the valuable drippings must be carefully saved. After pouring the contents of the pan into a basin rinse it out with a little hot water, and add it to the dripping. Thus nothing will be lost.

Plain Household Gravy.

This can be made of any bones or trimmings, by merely boiling them, and all fat having been removed it can then be seasoned and flavoured as required.

An excellent plain gravy can be made as follows:—Fry until lightly brown three or four bones from which streaked bacon has been cut, taking care, previously, to skin and have them clean. Fry some onions brown, put them with the bones and a small turnip with a pint of water, or stock, and boil for an hour and a half. Strain, clear from fat, and use as required.

This gravy answers well for cutlets: Mix a teaspoonful of flour in half a pint of cold gravy, and having thoroughly drained the pan of the fat in which the cutlets were cooked, pour it in and stir over the fire until thickened. Add any flavouring you like.

Grilled meats should be served dry, only adding any gravy which may have been caught in the gridiron reservoir.

Rich Beef Gravy.

For this purpose take the best gravy meat; any part will do except the leg or shin.

Cut the meat into pieces like dice, fry it brown, also fry brown, separately, two onions to each pound of meat; put these into a stewpan with a quart of water, half a teaspoonful of salt, six peppercorns, and two ounces of ham. Boil for two hours, taking off all scum as it rises, when it should be reduced to half the original quantity. Strain, take off the fat, and, if required, lightly thicken with French potato flour, and an equal quantity of wheaten flour. A teaspoonful of these mixed smooth in a little cold stock, or water, will be enough for a pint of gravy. It should boil for a few minutes after the addition of the flour.

If a rich clear gravy is required, make it as for clear soup, with the above quantities of material.

Butter Sauce.

The remark of Voltaire that the "English possess forty religions, but only one sauce," has been so often quoted as almost to have passed into a proverb. Yet but slight, if any, improvement has taken place in the method of making our one sauce since the great sceptic justly sneered at it. We still have served to us, under the name of melted butter, a thick and floury compound, more suggestive of paper-hanger's paste than anything else. It is surprising that it should be so, for nothing is easier than to make this sauce properly, and with a small quantity of butter to give it its proper flavour. All the methods for rubbing flour and butter together before adding water are unnecessarily tedious and expensive, and there is no better way than the one we now give for making the "national" sauce: Mix one ounce of flour in four tablespoonfuls of cold water. Stir it into half a pint of fast-boiling water, add a pinch of salt, let it boil up, then break in an ounce of best butter, and when it is melted the sauce will be ready. If required to be rich, add another ounce of butter to the sauce. After the addition of butter, take care never to allow the sauce to boil, as by doing so the flavour of it is lost, and it is also rendered indigestible.

For those who can be persuaded that dissolved, or as it is often called, clarified butter is not unwholesome, it is far better to serve it thus, than as butter sauce, with asparagus and sea-kale.

Clarified Butter.

Put two ounces of butter, cut into small pieces, into a white preserving pot, set this in a saucepan of boiling water, stir until the butter is melted, pour it into a sauceboat made hot, and serve immediately.

Parsley Sauce.

Boil a pint of water, throw into it a table-

spoonful of finely-minced parsley and half a teaspoonful of salt, then put two ounces of flour mixed smooth in a gill of cold water. Stir over the fire until it thickens, break into it one or two ounces of butter, and as soon as it is melted serve the sauce.

Maitre d'Hotel Sauce.

Make as above, and when the sauce is taken off the fire, add the juice of half a lemon. If the acid is allowed to boil with the parsley it will spoil the colour.

Fennel Sauce.

Finely mince the fennel and make as parsley sauce.

White Sauce.

The richest sauce of this kind is made with the strongest chicken broth, so strong indeed that it may almost be called essence of chicken, in combination with cream. It is not often, however, that a sauce of this character it made in ordinary kitchens, and the recipe we give is usually found good enough.

Put two minced onions in a quart of milk, which boil until it is reduced to a pint and a half. Strain away the onion, pressing to get out all the juice. Boil the milk up, mix in two ounces of fine flour, stir it over the fire until it simmers and is as thick as rich cream; add salt and cayenne pepper. Put in two ounces of butter and, when melted, serve the sauce.

Cream in any proportion may be used instead of milk, and improves both the flavour and appearance of the sauce.

White Mushroom Sauce.

Trim and carefully cleanse from grit by washing them in milk, a pound of champignons, or button mushrooms. If of a small size, they do not require to be skinned. Put them either into half a pint of good white veal broth or milk. Let them simmer for a quarter of an hour. If

the liquor has reduced make it up to a pint, with milk, cream, or broth. Thicken it with an ounce of flour mixed smooth in milk, beat in an ounce of butter, and add pepper and salt to taste.

Brown Mushroom Sauce.

This sauce is made in the same manner as the above, only with good brown gravy.

Egg Sauce.

A new and better way of making egg sauce than the old one of boiling the eggs hard, is as follows:—Stir an ounce of flour, mixed smooth in half a gill of cold water, into a gill of boiling water, thicken it over the fire, and add half a teaspoonful of salt. Break two fresh eggs into a cup, stir them into the boiling sauce by degrees, so that they curdle. When this point is reached, take the sauce off the fire and keep stirring a little on the table before putting it into the tureen. If liked, a little minced parsley may be added.

The old way of making egg sauce is as follows:—Boil two eggs hard—that is to say, for five or six minutes. If too long boiled, they give a bad flavour to the sauce. Take them out of the shells, mince, and put them into half a pint of butter sauce, well salted. Stir over the fire for a minute, and serve.

Bread Sauce.

Boil an ounce of onion, or rather more if the flavour is liked, in a pint of new milk, until it is tender, then take it out. It is not possible to say the exact quantity of crumbs which will be required to make the sauce of a proper thickness, because the quality of the bread may differ, and also the milk be much reduced in the boiling, two to three ounces is, however, about the quantity. Let the crumbs be finely sifted, and sprinkle them into the boiling milk over the fire until the sauce is thick enough, continue stirring for five minutes, add cayenne or white pepper, and salt to taste.

Soubise Sauce.

Make the sauce thus:—Boil six onions in a quart of water for a quarter of an hour, then strain, and put the onions into a quart of milk with a teaspoonful of salt, and let them boil gently until perfectly tender. Put the onions through a sieve to a fine purée, put them back into the milk, let them boil, and stir in a large tablespoonful of best flour, Vienna if possible, mixed smooth in a little cold milk. The sauce should be as thick as good cream, and if the quantity of flour is not sufficient, add a little more. After adding the flour stir the sauce over the fire for five minutes, break in an ounce of butter, use a pinch of cayenne pepper and salt if necessary, but do not let the sauce boil after adding the butter.

Onion Sauce.

Peel and mince six large onions, boil them in half a pint of water until perfectly tender. Strain away the water and mix with the onions an ounce of flour. Add half a pint of milk, pepper and salt to taste. Stir the sauce over the fire until it boils and is thick.

To make a richer sauce, add an ounce of butter, or a gill of cream, instead of the same quantity of milk.

A plainer sauce may be made by using the water in which the onions were boiled instead of milk.

Dutch Sauce.

Dissolve four ounces of butter in a stewpan. Stir in gradually the yolks of four eggs, a pinch of pepper, and half a teaspoonful of salt. Boil two tablespoonfuls of either French, shalot, tarragon, or chili vinegar until reduced to one tablespoonful, and when the eggs and butter are well mixed stir this in. Whisk the mixture over a very slow fire until it becomes as thick as rich cream. Great care is required in making this sauce, and inexperienced persons will do well to put the stewpan or vessel containing the sauce into a larger

stewpan with water in it, and to whisk it until made.

Imitation Dutch Sauce.

Mix two tablespoonfuls of fine flour, Vienna, if possible, in a quarter of a pint of boiling water. Keep stirring over the fire until it has thickened. Then add a large pinch of salt, two ounces of fresh butter broken small, and when it is dissolved add the juice of a lemon, or two tablespoonfuls of the vinegar in which mushrooms have been pickled, or, failing these, sufficient French vinegar to make the sauce sharp; lastly, take the sauce off the fire, and stir in carefully and by degrees the yolks of three eggs beaten with a few drops of cold water. Again, put the stewpan over a very slow fire, and stir the sauce for ten minutes, taking care it does not boil. When finished, the sauce must be as thick as the richest cream.

Mustard Sauce.

Make half a pint of rich butter sauce, stir in a tablespoonful of made mustard, a tablespoonful of French vinegar and a pinch of salt, stir over the fire for a minute. A spoonful of piccalilli may be substituted for, or used in addition to, the French vinegar.

Piquante Sauce.

Put two ounces of butter into a stewpan, stir over the fire until it is beginning to get brown. Then put in a tablespoonful of tarragon vinegar, one tablespoonful of some good sauce, a dozen minced capers, and a teaspoonful of essence of anchovy. Mix half an ounce of flour in a gill of stock, put it into the sauce and stir over the fire until it has thickened. Pickles finely minced and made hot in good gravy thickened make a good piquante sauce.

Horseradish Sauce (Hot).

Mix half an ounce of flour smooth in a

gill of cold water, put in two tablespoonfuls of scraped horseradish, and stir over the fire until it has thickened, without boiling. Break in two ounces of butter, stir until dissolved, finally add a large pinch of pepper, a small teaspoonful of made mustard, and a dessertspoonful of French vinegar. When the sauce is taken off the fire stir in a tablespoonful of rich cream.

Cold Horseradish Sauce.

Beat a quarter of a pound of butter to a cream, and mix it with a gill of cream, half a large stick of horseradish, finely grated, pepper, salt, and distilled white vinegar to taste. This sauce should be as thick as good cream, and must be kept cool.

Apple Sauce.

Pare, core, and cut in quarters good cooking apples. Put them in a stewpan with a tablespoonful of water to each pound of apples. Cover closely, and let them boil, beat them to a pulp with a wooden spoon, and stir until they become dry. Sweeten with half a pound of sugar to a pound of apples, or according to taste, and stir over the fire for five minutes.

An excellent way of cooking apples for any kind of sauce or marmalade is to steam them. About half fill the potato-steamer, cook for five or ten minutes, according to the quality of the apple, they will then be ready to finish with sugar as above directed.

Mint Sauce.

We all know badly made mint sauce, which has a heavy deposit of coarse sugar, and requires to be stirred when served to each person. If made as follows, the flavour will be very fine, and the sugar will not sink to the bottom of the tureen:—Wash and chop fine about a dozen leaves of fresh green mint, put them in the sauce tureen with a gill of water, and allow it to stand one hour. Mix in by degrees two to three ounces of raw sugar, or as much as the water will dissolve; this done, add

sufficient vinegar to give the required sharpness, observing that mint sauce should not be sour.

Tomato Sauce.

Boil two minced onions in just enough water to cover them, and when they are nearly done, cut up half a dozen fine ripe tomatoes, and put them into the stewpan with a dessertspoonful of salt and a shake of pepper. If tomatoes are scarce, a sharp apple, unpeeled, but cut in quarters, and the seeds taken out, may be used with them. Let the tomatoes simmer for half an hour. Then rub them through a sieve; the purée if properly managed, will be as thick as good apple sauce. Put it back into the stewpan with an ounce of butter, let it boil, stirring all the time, until, if not so already, it is a very thick sauce.

Mayonnaise Sauce.

The reason so few persons succeed in making a satisfactory mayonnaise is that they do not give the necessary time and patience. Three-quarters of an hour is the time required for making a pint of mayonnaise, and, of course, for a larger quantity somewhat longer. For a pint of sauce, put the yolks of two large eggs, perfectly free from white, into a marble mortar, work in two large pinches of salt, and then with the pestle rub in drop by drop two teaspoonfuls of oil. Have ready mixed two tablespoonfuls of French vinegar, two of tarragon vinegar and one of chili vinegar. Work in a few drops of the vinegar, and then another teaspoonful of oil; proceed in this manner until the sauce begins to get thick, when rather more oil may be added at a time. Observe that if you do not get your eggs into a very stiff jelly like paste at the commencement of the operation, by no after pains will you succeed in making a good sauce. Three gills of oil will be about the quantity required, and if the sauce has been successfully made it will be as thick and white as Devonshire cream. Great care should be taken in selecting the materials for mayonnaise sauce, and

nothing is so disagreeable as the flavour of inferior oil.

An imitation mayonnaise may be used if there is not time to make the above. Prepare a quart of rich white sauce, and when cold flavour it with tarragon and chili vinegars.

Salad Dressing.

Mix the yolk of an egg with a teaspoonful of mustard, a salt-spoonful of salt, and a teaspoonful of essence of anchovies, to a smooth paste, add by degrees a tablespoonful of French vinegar. Measure a quarter of a pint of the finest salad oil, and mix with the other ingredients drop by drop until the dressing is very thick; a little more vinegar may be added at the last if it is not sharp enough.

Salad dressing may be made by the recipe for mayonnaise sauce, using plain instead of flavoured vinegar.

Oyster Sauce.

Remove the beards and hard white parts from a dozen oysters, boil them for five minutes in a gill of water, strain the liquor with that of the oysters, and if there is not together half a pint make up to that quantity with water. Mix an ounce of fine flour smooth in half a gill of water, boil up the oyster liquor, stir into it over the fire until thickened, break in two ounces of butter, and when it is dissolved season with cayenne pepper and salt, and put in the oysters. Put the stewpan, closely covered, on a part of the range where the sauce will keep hot for ten minutes. The object is to sufficiently cook the oysters without boiling or even simmering them.

If an economical sauce is required, split the oysters in half, they will then only need to stand in it for five minutes. Tinned or preserved oysters are used in the same manner.

Lobster Sauce.

Hen lobsters are chosen for sauce because

of the coral-like spawn. It is not, however, always possible to procure this, nor, except that it gives a better colour to the sauce, is it necessary. To prepare this spawn pound it with the soft meat of the body and an equal quantity of butter until smooth, rub through a hair sieve, and set aside until wanted. Cut up the meat of the tail and claws into neat pieces, and put it with the coral butter into a pint of boiling butter sauce. Let this stand on the range without simmering or boiling for a quarter of an hour. Then finish with a teaspoonful of essence of lobsters, a pinch of cayenne pepper, and a dessertspoonful of lemon juice, salt if necessary.

Plain Lobster Sauce.

Make a pint of butter sauce, put into it a tin of preserved lobster, and finish as directed in the foregoing recipe.

Shrimp Sauce.

Throw half a pint of picked shrimps into half a pint of water, let them simmer for a minute; stir in an ounce of flour mixed smooth in cold water, thicken over the fire, add two ounces of butter, a teaspoonful of essence of shrimps, and a pinch of cayenne pepper.

Rich Plum Pudding Sauce.

Mix two teaspoonfuls of French potato flour in two tablespoonfuls of water, beat up with it the yolks of two eggs. Boil three ounces of sugar in half a pint of sherry, and pour it gently on to the eggs and flour, stir over the fire until it is the thickness of cream, add a teaspoonful of curacao and a gill of brandy. A little ground cinnamon or grated nutmeg can be used if approved.

Clear Wine Sauce.

Boil three ounces of sugar in a gill of water until it begins to get thick, stir in half a pint of sherry and a little lemon

flavouring; when finished add a tablespoonful of brandy.

Brandy Sauce.

Make half a pint of rich butter sauce; stir in a gill of brandy, two ounces of castor sugar, with a grate of nutmeg.

Lemon Sauce.

Rub two ounces of lump sugar on the peel of a fine fresh lemon, boil this in half a pint of wine. Mix two teaspoonfuls of potato flour in a gill of cold water, stir over the fire with the above, strain the juice of the lemon into it, and if not sweet enough add more sugar.

A cheaper sauce can be made by using citric acid and a few drops of home-made lemon flavour.

Plain Sauce for Puddings.

Stir half a pint of fast-boiling water on to a tablespoonful of flour mixed smooth in a little cold water. Stir over the fire until it boils, sweeten with raw sugar, add half a teaspoonful of grated nutmeg and an ounce of butter.

Fruit Sauce.

Boil a quarter of a pound of any kind of jam, or of orange marmalade, in half a pint of water for ten minutes. Mix a dessertspoonful of French potato flour smooth in a gill of water, and stir into this over the fire until thickened, add a little sugar, lemon juice, or citric acid, according to taste. This sauce is useful for any kind of milk pudding, and is liked by children with boiled rice.

Treacle Sauce.

This also is generally liked by children with plain puddings. Boil an ounce of flour in half a pint of water; when it has thickened over the fire stir in four tablespoonfuls of golden syrup or treacle, and serve.

FISH.



CHAPTER IX.

Boiling Fish.

The principles which govern the cooking of meat when immersed in liquid should be applied to fish. It is necessary in the one case as the other to close the pores at the commencement of the operation by rapid heating, and thus prevent too much of the juices being drawn into the liquid. As a general rule, fish should be boiled either in the liquor in which fish has been cooked or in stock. Failing these, a few pot herbs and peppercorns, with, in the case of white fish, a little vinegar and salt boiled in water, will serve very well. It should be the aim in boiling fish, as in all other good cookery, to heighten rather than to diminish the flavour; and it will be found that fish boiled as we suggest will be much finer than when plain water is used. Attention to these points is more especially necessary inland, where fish is rarely perfectly fresh, and consequently does not possess its full flavour.

Frying Fish.

Perhaps there is nothing in the whole range of cookery which will so test the powers of a cook as a plainly fried sole or whiting. Yet there is nothing difficult in the operation if attention is paid to a few simple elementary rules. A very common excuse with cooks for failure in this matter is the quality of the fish they have had to dress. If it is not brown, they say it was stale, and would not cook properly; if underdone, it had been kept too long on ice, with a number of other reasons equally fallacious. The fact is that, although it will not taste good, stale fish will brown and cook as well as that which is perfectly fresh. Of late years raspings have been

much used for frying fish; if of a very pale colour and sifted as fine as possible they may be used, but properly prepared bread crumbs are greatly to be preferred. Bread two days old should be chosen, and after being broken up and rubbed through a coarse strainer, should be put into the oven at a very low heat, or on the range to dry, then the crumbs should be pressed through a very fine strainer, and, if at all moist, again dried in the oven. Crumbs properly prepared will keep a long time. When the cook is at leisure she should get a quantity of crumbs ready, for if not at hand when wanted she will be placed at a disadvantage.

The bread crumbs being ready, they should have two tablespoonfuls of flour, half a teaspoonful of salt, and a large pinch of pepper mixed with them, to the proportion of a quarter of a pound of crumbs. As a matter of economy, both the white and yolk of an egg may be used for egging the fish, but it is better to use the yolk only with a very little of the white. Unless the fish has been most thoroughly dried in a cloth, the egg and crumbs will not adhere properly. The frying-pans in ordinary use will not admit of sufficient fat being used to cover the fish; it is, therefore, necessary to turn it, which can be readily managed when the fish is half done—that is properly brown on the under side. The fat must be the right temperature when the fish goes in, that is 350 deg. F., which will give the usual domestic test of browning instantly a piece of bread dipped in it. Anyone with the least experience should know when fried fish is done without cutting it. If a fork or skewer is thrust into the thickest part of the fish, it will stick and be difficult to withdraw if the fish is not done; but if, on the contrary, it is done, the fork will come out with great ease. Little jets of steam are given off when the heat has penetrated to the middle of the fish, and this is another good sign to observe. Large thick fish are

not suitable for frying whole, they should be filleted, stewed, or boiled.

Boiled Salmon.

Put the fish into sufficient boiling liquor to cover it, or water salted, with the addition of a very small piece of saltpetre, which helps to preserve the colour, and let it boil sharply for a minute, then keep it simmering until done. It is difficult to give the time salmon will take to cook, because it depends greatly on the thickness of the fish and the mode of boiling. Ten minutes is usually allowed to a pound. A piece of the middle cut weighing five to six pounds will take three-quarters of an hour to an hour after it has boiled, cooking slowly. To try the fish, lift it on the drainer out of the kettle, thrust a knife to the bone, when, if the flesh can be raised easily, it is done. Should it be necessary to keep the fish hot for a short time after it is ready, lift it out of the kettle on the drainer, and place it over the steam, closely covered with two or three thick cloths. Place the fish on a napkin neatly arranged on the dish, and garnish with cut lemon and sprigs of fresh or fried parsley. The usual accompaniments of boiled salmon are plain butter, lobster or shrimp sauce, and dressed cucumber.

Salmon Steaks.

It is better to have the steak less than an inch in thickness. Dip the steak in dissolved butter, lightly sprinkle with pepper and salt, wrap it in well-greased writing paper, carefully turned up at the edges so that the butter will not run out. Put the steak on the gridiron over a very slow fire; it will take from fifteen to twenty minutes, and must often be turned. Put a little dissolved butter on a dish, turn the salmon out of the paper on to it, and serve very hot.

Croquettes of Salmon.

With a wooden spoon beat up to a paste half a pound of cooked salmon, and mix it with the following sauce: Put one ounce of

fine flour into a stewpan with half a gill of cold water, stir this over a slow fire very rapidly until it forms a paste, then add an ounce of butter, and stir until well incorporated. Mix in a small teaspoonful of essence of shrimps or anchovies with a pinch of salt and pepper. Take the stewpan off the fire, and stir the yolk of an egg briskly into the sauce, thoroughly mix it with the pounded salmon, spread it out on a plate until it is cool. Flour your hands, take a small piece of the croquette mixture, roll into a ball or into the shape of a cork, then pass it through very finely sifted and dried bread crumbs, dip into beaten egg, and again into the crumbs. Repeat the process until all the mixture is used, put the croquettes as you do them into a wire frying basket, which shake very gently, when all are placed in it, in order to free them from superfluous crumbs. Have ready a stewpan half full of boiling fat, dip the basket in, gently moving it about, and taking care the croquettes are covered with fat. In about a minute they will become a delicate brown, and will then be done. Turn them on to paper to absorb any superfluous fat, serve them on a napkin or ornamental dish paper. No more croquettes than will lie at the bottom of the basket, without touching each other, should be fried at one time.

Salmon Saute.

When salmon is dear, a comparatively inexpensive little dish may be made by filleting the tail end, a piece of which, weighing a pound, will be sufficient for three or four persons. Carefully remove the flesh from the backbone in long pieces, divide down the middle, and again into smaller pieces. Melt an ounce of butter in the frying-pan, place the fillets in it skin downwards, pepper and salt the upper side. Place the pan, closely covered with a plate, on the range or over a very slow fire, and let the fish cook very gently for ten minutes, turn it carefully on the other side until done. Serve with the butter in which it was cooked poured over the salmon. The excellence of this dish depends on the cooking being very slowly done, and salmon is thus rendered

more digestible than by any other method. If preferred, a piquante or plain sauce can be served with or poured over the salmon, and a few sliced gherkins can be used by way of garnish.

Potted Salmon.

Pick the fish carefully from the bones, and pound it to a paste in a mortar. Put it in an earthenware jar, which place in a saucepan of boiling water. As soon as the fish gets hot, stir in a fourth of its weight of fresh butter, and a little essence of shrimps or of anchovies to heighten the flavour. If necessary, add a little salt and cayenne pepper to taste. Stir the fish occasionally until nearly cold; then press it into small pots, and the next day cover them with clarified butter or other good fat. Any kind of fish can be potted in this way, and will keep for a week or ten days.

Pickled Salmon.

This dish is usually made with any salmon which has been left from dinner, and merely requires to have poured over it a pickle of one-third of the liquor in which the fish has been cooked to two-thirds of vinegar, with a liberal allowance of pepper and salt. It is best to take the salmon from the bone in as large pieces as possible, and to lay it in a deep dish, using enough pickle to cover it. It will be fit for use in twenty-four hours. Salmon is better pickled before boiling, and may be done by putting it into a mixture of boiling vinegar with one-third water, and pepper and salt, closely covering the pan, which should be of earthenware; set in a cool oven for two or three hours, or until the fish is sufficiently cooked.

Salmon Salad.

Cook some pieces of salmon as directed for salmon sauté, when done take them out of the butter and put them on a dish with a little French vinegar, pepper, and salt. When they have lain for an hour, or more, if convenient, wipe them in a cloth, and arrange them in a plain mould with pieces

of cabbage lettuce, a few picked prawns, and olives previously blanched and stoned, and when this is done fill up the mould with jelly, made as directed for collared eels, either of fish or clear veal stock. Let the mould stand until the contents are cold, turn it out on a dish, and round the edge place a shred salad, over which the moment before serving pour a well-prepared dressing. In preparing salad, great care should be taken to dry it thoroughly by shaking in a cloth. Each kind of vegetable should be treated separately, the small salad well washed through a colander, drained and dried, and the cress and lettuces most carefully freed from grit and insects; at the same time salad must not be allowed to lose its crispness.

Kippered Salmon.

Cook the salmon exactly as directed for kippered herrings, allowing fifteen to twenty minutes according to the thickness of the fish.

Boiled Cod Fish.

There is a great difference in the quality of this fish, and for boiling it should be fresh, white, and of close grain, yet having the flakes distinctly marked as though streaked with fat. The head and shoulders constitute the handsomest piece for boiling. The middle cut, however, is very good and less expensive. The tail is not so suitable for boiling as the thicker parts. Cod, like other white fish, is improved by being lightly dipped in vinegar, salted, and allowed to lie for two or three hours before cooking. Put it into boiling fish-stock, or failing this, water well salted, and when it has boiled for a minute, skim it. Draw the kettle to the hob or side of the range, and let the fish simmer from half-an-hour to an hour, according to thickness and weight.

Fried Cod Fish.

Get slices of cod about half an inch thick, sprinkle with pepper and salt, and if convenient let them lie for an hour or two,

then dip them in yolk of egg, flour, and sifted bread crumbs seasoned with salt, a pinch of dried parsley very finely sifted, and a shake of pepper. Fry quickly in plenty of fat. Cod's head cleverly fried is esteemed a great delicacy, and a fine one may generally be had at very small cost, and will furnish a breakfast for two persons.

Rechauffe of Cod Fish.

Take the fish from the bones, making sure that none are left in it. Make a sauce by boiling the bones and skin in broth, and afterwards reducing it to a very small quantity by boiling rapidly without the lid of the stewpan; add to this an equal quantity of cream or milk, flavour nicely with pure essence of anchovy, cayenne pepper, and salt. Then make it very thick with equal quantities of corn-flour and flour, stir the fish into this sauce whilst hot, spread a layer of finely-sifted bread-crumbs on a buttered dish, lay the fish on this, then cover over thoroughly with another layer of bread-crumbs, put a little dissolved butter over it, and bake a quarter of an hour in a quick oven. If you have any oyster or lobster sauce left, it will answer well to mix with the fish instead of making fresh, only it must be very thick, as when the dish goes to table it ought not to be moist. Turbot, or indeed almost any fish, is good re-warmed in this way, and the addition of any shell fish is always an improvement.

Soft Cod Roe Fried.

Take the whole of a small roe or a portion of a large one, about the size of a calf's sweetbread. Boil half a pint of water with a tablespoonful of vinegar, a large pinch of salt, and a shake of pepper. Put the roe in and let it boil for ten minutes, then take it up and drain it. Beat up half an egg, yolk and white together, in a basin, and pass the roe through it so as to touch every part. Have ready some finely-sifted bread-crumbs mixed with an equal quantity of flour, and well seasoned with pepper and salt, and dip the roe in it, taking care it is nicely covered. Have ready

some good frying fat, and when boiling put in the roe, fry it on one side until brown and crisp, then turn and finish on the other. Butter sauce and anchovy may be eaten with it, or butter sauce with a little lemon juice and cayenne pepper added is excellent.

Cod Roe a la Hollandaise.

Having washed the roe, boil it for a quarter of an hour as in the foregoing recipe. When perfectly firm it is done. Take it up, place on a hot dish, and pour over it the following imitation of Dutch sauce: Mix a heaped tablespoonful of fine flour in two of cold water, stir it into half a pint of boiling water, or the liquid in which the roe was cooked, in a perfectly bright saucepan, stir over the fire until properly thickened, then add a pinch of salt, an ounce of butter broken into bits, and when well mixed, the juice of half a lemon, or a teaspoonful of vinegar; lastly, stir in carefully the beaten yolk of an egg, or two if you will afford them, and having stirred quickly for five minutes over a slow fire pour over the roe and serve. Parsley sauce may be used instead of the above. Make it in exactly the same way, only substitute chopped parsley for the egg.

If preferred, having washed the roe, pick it to pieces, rejecting any bits of skin. Boil as directed in the first recipe. When done, drain it, and serve with either of the above, or plain butter sauce with a teaspoonful of essence of anchovy stirred in it.

Turbot.

See general directions for "Boiling Fish" (page 34). Many cooks make an incision down the backbone of turbot to prevent the skin from cracking, but if slowly boiled as directed, this is not necessary. In order to improve the flavour, and keep the fish white, rub it over with a cut lemon and a little salt, some time before cooking. The time the fish will take to boil depends on its thickness. Half an hour should be allowed for slowly cooking a small fish. Cold turbot is delicious as a breakfast dish, cut

in neat pieces from the bone, and fried slowly in butter.

Brill.

Brill is cooked and served in the same way as turbot, but does not take so long to boil. Serve with the like sauces.

Plaice.

Boiled like turbot. Small fish can be floured and fried whole; they are, however, usually preferred filleted.

Boiled Sole.

See general directions for "Boiling Fish" (page 34). Twenty minutes should be allowed for slowly cooking a moderate-sized sole.

Fried Soles.

Soles weighing from three-quarters of a pound to a pound are the most suitable size for frying whole. If it is desired to have the fish juicy, and with their full flavour, do not have them skinned. The black side of the soles will not, of course, look so well or be so crisp as the white side; but this is of little consequence, compared to the nourishment sacrificed in removing the skin. Have the soles scraped, wipe them, put a tablespoonful of vinegar in a dish, pass the fish through it, and let them lie an hour or more—if necessary, all night—as the flavour is thus improved. Run a knife between the flesh and the backbone, which prevents it looking red when cut. When ready to crumb the fish, lay them on a cloth, and thoroughly dry them. Beat up the yolk of an egg with a very little of the white. This will be sufficient to egg a pair of soles. Pass the fish through the egg on both sides, hold it up to drain, have ready on a plate a quarter of a pound of very fine dry crumbs mixed with two ounces of flour, a teaspoonful of salt, and half a teaspoonful of pepper. Draw the fish over the crumbs first on one side, then on the other, and lay

it gently on a dish, black side downwards, whilst you prepare another. Some people succeed better in crumbing fish by sifting the crumbs on to it through a very fine strainer, after it is egged. When the fish is ready, put them, black side downwards, into the frying-pan, with plenty of fat, hot enough to brown a piece of bread instantaneously, move the pan about gently, and when the soles have been fried four minutes, put a strong cooking-fork into them near the head, turn the white side downwards, and fry three minutes longer. Seven minutes will be sufficient to fry a sole weighing three-quarters of a pound; and a pair of this weight is sufficient for a party of six persons. When the sole is done, put the fork into the fish close to the head, hold it up, and let all the fat drain away, lay it on a sheet of kitchen paper, and cover over with another sheet. Being thus quite freed from grease, of a rich golden brown, crisp, and with an even surface, lay the fish on the dish for serving, which should have on it either a fish-paper or a napkin neatly folded. A well-fried sole is best eaten without any sauce, but, in deference to the national usage, butter sauce or melted butter may be served with it.

Filleted Soles.

It is better for the cook to fillet the soles, for there is often much waste when it is done by the fishmonger. Having skinned the fish, with a sharp knife make an incision down the spine bone from the head to the tail, and then along the fins, pass the knife between the flesh and the bone, pressing rather hard against the latter, and the fillets will then be readily removed. These can now be dressed in a variety of ways.

Fillets of Soles Fried.

These may either be rolled in one piece or divided into several, as in the foregoing recipe. In either case egg and crumb them thoroughly, place them in the wire basket as you do them, which immerse in fat hot enough to crisp bread instantly. When done, put the fillets on paper to absorb any

grease clinging to them, and serve as hot as possible. All kinds of flat fish can be filleted and cooked by these recipes, and will usually be found more economical than serving the fish whole. It is also economical to fillet the tail end of cod, salmon, and turbot, and either fry or sauté as may be preferred.

Fillets of Sole, a la Maître d'Hotel.

Prepare the fillets as in the first recipe; they may be rolled or in pieces. Boil the bones and skins of the fish in water, with an onion, for half-an-hour, strain the liquor, let it boil up, add a little pepper and salt, and gently boil the fillets in it for about ten minutes, or until tender. If there is too much liquor to make a sauce, use only a part of it; to half a pint put a tablespoonful of flour mixed smooth in cold water. Stir this in gently with the fish, and when it has thickened taste it, and, if necessary, add pepper and salt, throw in a little chopped parsley, let it cook gently for a minute or two, add a very little lemon juice to the sauce, and the dish will be ready.

Fillets of Sole in Gravy.

This is a delicious and economical dish, and useful when fish is served as an entrée. Skin and trim a pair of thick soles. Remove the flesh from the bones with a sharp knife, and divide each strip into neat pieces about two inches long. Dip each piece in beaten egg, then in bread-crumbs well seasoned with pepper and salt and a little dried parsley. Fry them until a nice brown. Make a rich gravy of beef and the trimmings of the soles, thicken it with flour and butter, add a little essence of anchovy, and to half a pint of gravy a small glass of sherry. When the gravy is finished and hot enough to serve, put in the fillets of fish and let them stand to get hot through in it, but it must not boil; serve on a silver hot-water dish if you have one.

Sole Au Gratin.

Have a pair of thick soles scraped. Trim

neatly, and lay them in vinegar for an hour or two. Spread a little butter on a tin baking-dish, and lay the fish in it, the dark side downwards. Mix a glass of white wine, sauterne or hock is best, with a teaspoonful of pure essence of anchovy, a tablespoonful of mushroom vinegar, a minced shallot, and a few drops of chili vinegar; pour this round the fish, but it must not touch the upper side. Brush this over with dissolved butter, and cover, but not too thickly, with bread crumbs lightly fried as for game. Crumbs thus prepared are much better than plain. Put the fish into a moderate oven and bake for half an hour. When the fish is done, the sauce will be dried up. It is proper to send the gratin to table in the dish in which it was cooked, placed on another.

Baked Soles.

Small soles, called "slips," are excellent baked, and are generally to be bought at a reasonable price. Scrape, but do not skin, the soles; dissolve a little butter in a baking tin, pass the white side of the fish through it, sift very fine dry bread-crumbs seasoned with pepper and salt, over this lay the sole, black side downward, in the baking dish, and bake in a quick oven for twenty minutes. If, when done, the soles are not browned the salamander must be used. As a breakfast dish the soles should be served without any sauce.

Skate.

This fish, which is usually skinned and rolled round in strips, can either be boiled or fried, and served with any sauce which may be preferred.

Sea Bream.

This excellent fish is not, strange to say, often seen on good tables. Probably the reason of this is that it is mistaken for fresh-water bream, a somewhat tasteless fish very full of bones. Sea bream is a fish

of so fine a flavour that it ought to rank, in this particular, next to salmon. It can either be boiled in the same way as haddock, or be baked and stuffed, and is incomparable dressed by the following recipe given by Yarrell, in his "History of British Fishes": "When thoroughly cleaned the fish should be wiped dry, but none of the scales should be taken off. In this state it should be broiled, turning it often, and, if the skin cracks, flour it a little to keep the outer case entire. When on table, the whole skin and scales turn off without difficulty; and the muscle beneath, saturated with its own natural juices which the outside covering has retained, will be found of good flavour."

Fried Smelts.

Dry the fish, egg and pass them through bread-crumbs very finely sifted, mixed with an equal quantity of flour and a little salt. Fry quickly in plenty of fat, as directed for soles. The smelts must be very crisp and dry, and when done be a rich golden brown.

Boiled Whiting.

Having cleaned, but not skinned, the fish, lightly sprinkle them with pepper and salt, and let them lie for an hour. Put them in the fish-kettle with boiling stock or water with vinegar and salt, and having allowed them to boil up draw to the side of the fire and simmer gently from eight to ten minutes; the fish must be watched, as being so delicate they soon break. Serve with parsley or Dutch sauce.

Fried Whiting.

Whiting for frying are usually skinned, and have the tail fastened to the mouth by means of a skewer, which must be removed before the fish is sent to table. Dip them in egg and crumb them (see Frying Fish), and fry them in fat enough to cover them. Small whiting are excellent fried with the skin on, and have thus, like soles, a much finer flavour, and are besides more juicy.

As the fish is very delicate some care is required in frying them when unskinned.

Baked Whiting.

Small whiting answer well for this purpose. Tie them round, the tail to the mouth, dip them in dissolved butter, lightly sprinkle with pepper and salt, strew them with bread crumbs, put them in a baking dish with a little butter, and bake in a quick oven for a quarter of an hour.

Whiting Au Gratin.

Prepare as above, with the addition of white wine, mushroom, and chili vinegar in the baking-dish. Eschalot vinegar, or the vinegar of pickled onions may also be used.

Boiled Haddock,

The manner in which haddock is usually boiled has made this method of cooking it unpopular. It generally comes to table with great gashes in the side, denoting the furious rate at which it has been boiled, the flesh being as hard and flavourless as might be expected from its appearance. To look well, and to eat well, haddock must not be boiled at all; it is a very delicate fish, and should be treated in accordance with its character. When the fish is cleansed, the eyes being removed, lay it in a dish and pour two or three tablespoonfuls of vinegar over it, leave it thus for an hour or more, turning it occasionally on the dish. If you have no liquor in which fish has been cooked, prepare stock for the haddock by boiling two onions, a turnip, a carrot, all minced or cut small, a small bunch of sweet herbs, half a dozen white peppercorns, and a shred of mace, in two quarts of water for an hour. At the expiration of this time strain the stock, put it back into the fish-kettle with two teaspoonfuls of salt and four teaspoonfuls of French vinegar, let it boil, put in the haddock, draw the kettle to the side of the fire, and allow the fish to simmer very gently for half an hour,

or until done. If the fish is allowed to boil, the skin will crack and the flesh be tough. When ready lift the fish out of the kettle on the drainer and slide it on to a hot dish, pour sauce carefully over the back of the fish, and serve immediately. A portion of the sauce should be served in a tureen.

Fresh Haddock Broiled.

Cut the fish open, take out the bone in the same manner as directed for mackerel. Lightly pepper and salt it, and hang up for twelve hours in as airy a place as you can command. When about to cook the fish dissolve some butter and brush it thickly over the haddock. Lay it with the skin downwards on the gridiron and keep it over a slow fire for twenty minutes, by which time it should be cooked. Put a little more butter over the fish, and serve very hot. After being prepared as directed, the haddock may be fried in butter if more convenient than broiling it.

Baked Haddock.

Have the eyes removed, and neatly trim the fish with the scissors, roll it round and fasten the tail to the head by means of a piece of fine twine, which must be removed before serving. Make a stuffing of two ounces of bread-crumbs, two of cold boiled fat bacon, a teaspoonful of chopped green parsley, a small pinch of salt and pepper, a few drops of essence of anchovy, and sufficient egg to make into a stiff paste. Place this in the body of the fish and sew it up neatly. Before serving draw out the thread. Mix a tablespoonful of flour in one of cold water, pour on it half a pint of boiling water, and stir in an ounce of butter and a dessertspoonful of essence of anchovy. Pour it into a tin baking-dish, and then place in the fish; an hour in a moderate oven will bake it. It must be frequently basted and not allowed to get brown. When done, either serve the fish in the baking-dish placed on another, or carefully take it up, put on a hot dish, and pour the sauce round it. A few shrimps are a good addition to the sauce, and should be put in

when the fish is rather more than half done. A small cod, or tail of cod, is nice, baked in this way.

Dried Haddock.

To render this fish digestible, it should after being washed be placed in the fish-kettle, or the frying-pan covered with a plate answers well, with a pint of boiling water. It should then stand at a heat which will keep it below simmering point from fifteen to thirty minutes, according to the size of the fish. When done, put it before the fire and rub a little butter over it. If properly managed the haddock will not lose its flavour, but if preferred it can be broiled over a slow fire.

Boiled Mackerel.

This fish should be cooked as soon as possible after being caught; when stale it is unwholesome. Boil enough water to cover the fish, with half a gill of vinegar and a teaspoonful of salt to the quart. Put the fish in, let it simmer from twenty minutes to half an hour, it will be done as soon as it shows signs of cracking at the tail. Serve with parsley or fennel sauce.

Broiled Mackerel.

When the fish are split open wipe them carefully with a dry cloth, sprinkle them lightly with pepper and salt, and hang them in a cool place with plenty of air until the next morning. Take care to keep the fish open when you hang them up. When ready to cook the mackerel, dissolve half an ounce of butter or bacon fat for each fish, and pass them through it on both sides. Lay them on a gridiron over a very slow fire, turn them very frequently, basting now and then with a little butter. When the fish is last turned sprinkle finely chopped parsley on the inner side and serve very hot. The fish must be very slowly cooked, and they will take at least twenty minutes. If put over a fierce fire mackerel is rendered hard and indigestible,

and the fish itself is unjustly blamed; but if the above recipe is followed, a most delicious dish will be produced.

Rolled Mackerel.

Clean the fish, always being careful that the brown substance adhering somewhat closely to the backbone near the head, and which causes the bitterness often so unpleasant in this fish, is removed. Take off the head, hold the fish in the left hand, and with the thumb and finger of the right press the backbone to loosen it, then lay it flat on the board and remove the bone, which will come out whole, leaving none behind. Split the fish in half, lay on each piece half the roe (it should be soft), sprinkle over it equally and lightly pepper and salt and flour, then roll up each piece tightly, tail outwards, and put them in a deep baking-dish, setting them close together, by which means they will keep rolled until cooked. Pour over them a pickle made of vinegar and a fourth part of water, pepper, and salt, cover them with a plate, and set to bake in a slow oven for two hours. When done, dish up the fish carefully, strain the sauce over them, and garnish with fennel. They are excellent eaten cold; should be turned in the liquor every day, and they will keep a week.

Dried Mackerel.

Cook as directed for dried haddock. Ten to fifteen minutes will be sufficient. This fish, unless cured as soon as it is caught, is tasteless, and is, besides, apt to be very dry.

Whitebait.

The season for whitebait is now earlier than it used to be, and it is considered in the greatest perfection when it first comes into the London market. It is one of the least expensive first-class fish dishes, and would, no doubt, often appear for everyday fare if cooks understood the very simple rules for its preparation. One of

the most essential of these rules is to have plenty of hot fat, of which, in the well-managed kitchens, even of small families, there will be no lack. It is not necessary to use lard, which is expensive, and in no way superior for frying fish to clarified dripping or "pot tops." A pint and a half of whitebait will be sufficient for a party of six or eight persons. The whitebait must be perfectly fresh; it can be kept from day to day in ice, but is, of course, not so good; and the reason whitebait has a superior flavour at Greenwich and Blackwall is because it is cooked almost as soon as caught. When the whitebait comes in from the fishmonger, keep it in ice-cold water until required for use. Have ready on a cloth or sheet of paper at least half a pound of fine flour; with your fingers take a few bait at a time out of the water, until you have about a quarter of a pint, lightly drain as you throw them on to the flour. This done, fold over the cloth loosely, and turn the fish rapidly about in it until each bait is thoroughly coated with flour, and separate one from the other. Pick the bait up lightly, and place them in a wire frying-basket, shake gently to free them from superfluous flour, and then immerse them in a stewpan containing a pound and a half of fat, heated to a temperature not below 400 deg. F. If, however, lard is used, it will be hot enough at 250 degrees. The moment when this point is reached may be known by a smoke which arises from it, or by plunging into it a piece of bread; if it takes a golden tinge instantly, the temperature is right for frying. Move the basket gently in the fat, and in about a minute the fish will be crisp. Try one between your finger and thumb, holding the basket out of the fat for an instant; if not quite ready, immerse the fish again, taking care that they do not brown. When done, take the basket out of the fat, hold it up to drain, throw the fish on to a sheet of paper, turn them about in order to free from superfluous fat, put them on a dish on the hot plate or in the oven with the door open, and keep hot whilst you fry the remainder of the fish. Take care to have plenty of flour in doing each quantity, and, when the bait are all done, sprinkle lightly with salt and pepper, or cayenne pepper; mix together with a

wooden spoon and fork, pile up on a dish, and serve instantly. The plan of doing a small portion of bait at a time is recommended as most suitable for inexperienced cooks, and as being economical, on the score of frying fat; but with a little practice it will be easy to do a larger quantity at one time. It is, however, never proper to put too many fish in proportion to the quantity of fat, because by so doing the temperature of this is unduly lowered and the frying will not be successfully done. Another hint must be given: the bait should be put into the basket as soon as floured, and fried at once. Experienced cooks can fry without a basket; when floured, they throw the bait into a pan of hot fat, and take out with a fish-slice as soon as they are crisp. To devil whitebait when it has been cooked as described above, sprinkle it heavily with black pepper, cayenne, and a little salt; mix well together; return the bait to the frying-basket, take care the fat is at the right temperature, dip it in, fry quickly for about ten seconds, and dry on paper as above directed. The usual accompaniments of whitebait are lemon and thin well-buttered slices of new brown bread.

Baked Herrings.

If you can, get the herrings with soft roes—they are best for baking. Cut off the heads of the fish, open and clean them. Press the back-bone with the finger and thumb of the right hand, and with those of the left draw out the bone. Sprinkle the herrings with pepper, salt, and a little flour, lay the roes on them, and roll up tightly with the skin outwards. Pack the herrings closely in an earthenware pot with cover, put a small quantity of water, and bake them slowly for two hours, or until they are well done; then drain the liquor off, and cover the fish with vinegar, and add a little pepper and salt. Herrings thus prepared will keep a long time, and if done when cheap, will be found economical for family use. If preferred, the roes may be cooked as a separate dish, instead of being rolled in the herrings. Pepper and salt the roes, fry them gently in fat until brown, and eat

them with fried bread, or they can be broiled or toasted.

Soft roes, boiled or broiled, may be beaten up with a little salt and pepper and spread on hot buttered toast. This is excellent for breakfast or supper.

To Fry Herrings.

Take care the fish is well cleaned, without being split. Two or three hours before cooking, lightly sprinkle with salt and pepper; when ready to cook, wipe and flour the herrings. Have ready in the frying-pan as much fat at the proper temperature (see Frying Fish) as will cover the herrings. Cook quickly at first, then moderate the heat slightly, and fry for ten or twelve minutes, when they should be crisp and brown. When done, lay them on a dish before the fire, in order that all fat and the fish oil may drain from them. With this precaution, fried herrings will be found more digestible than otherwise they would be.

Soused Herrings.

Choose herrings with soft roes, and take care they are thoroughly cleansed. Fish-mongers seldom send them in fit, in respect of cleanliness, for cooking. Lay the fish in an earthenware baking-dish, sprinkle them lightly with pepper and salt, and a very small pinch of allspice, and cover them with vinegar and water in the proportion of one part water to three parts vinegar. If the flavour is not disliked, a bay leaf and an eschalot, or a thin shred of garlic, may be added to the pickle. Cover the baking-dish closely, and put it in a slow oven for two hours. Let the fish get cold, wipe each on a clean dry cloth, lay them on a dish, and garnish with green celery tops or water-cress.

Herrings with Mustard Sauce.

Put a tablespoonful of the finest salad oil into a dish, pass the herrings through it on both sides. The fish must not be opened, and with a little care can easily be properly

cleansed. Lightly pepper and salt the herrings, which should have soft roes, and let them lie for an hour. Place them on the gridiron over a very slow fire, turn them often until done; they will take from fifteen to twenty minutes. To make the sauce for eight herrings, take half a pint of white stock, stir into it, whilst boiling, an ounce of fine flour and a teaspoonful of French mustard mixed smooth in a little cold water; continue stirring over the fire until thickened, add an ounce of butter and a large pinch of parsley chopped fine; pepper and salt to taste. Stir the sauce until the butter, which should be broken into little bits, is dissolved, and be careful it does not boil after this addition. Lay the herrings on a hot dish, pour the sauce round them, and serve.

Bloaters.

To have these in perfection, they should not be split open. Care is required to cleanse them properly, and a little practice will enable the cook to succeed in this all-important particular. In the first place, make a very slight cut at the back of the head, which will twist off with the fingers, and the waste will come with it. Hold the bloater under the tap, and let the water rush rapidly through it. This done, wipe it dry, put it on a gridiron over a very slow fire, turn it frequently until it begins to smoke, when it will be done.

Kipperd Herrings.

Put the herrings into a basin, pour over enough boiling water to cover them; take them out immediately, and put them skin downwards in a frying-pan. For two herrings put half an ounce of butter and a tablespoonful of hot water into the pan, and baste them frequently with it for ten minutes, taking care the fire is not strong enough to boil the fish; indeed, the slower the cooking proceeds the better. When placed on a hot dish, pass a small piece of butter over the fish; sprinkle lightly with pepper, and serve very hot.

Sprats.

These delicate little fish are in season from November until February. They should be of a bright silvery appearance, small, plump, and perfectly fresh. Unless so cooked as to deprive them of much of their oil, sprats are rich and indigestible. After the sprats are cleaned by washing, and wiping them dry in a cloth, put them on a paper with flour, and turn them about until lightly coated with it. Throw as many into a wire frying-basket as will cover the bottom of it, plunge into hot fat, and keep gently moving the basket until the fish are crisp. Turn them on to a sheet of paper to free them from grease. Serve very hot, with brown bread and butter and cut lemon.

Sprat Pie.

Cut off the heads and tails of a pound of sprats, and place them in a pie-dish, sprinkling pepper and salt between the layers, also a few peppercorns; add three tablespoonfuls of water; cover with a light paste, and bake. Best eaten cold.

Sprats are also good if treated as scoused herrings. Eaten hot or cold.

Boiled Eels.

Eels of a small size—that is, of less than a pound in weight—are best not skinned; it is usual to skin those of a larger size, and to cut them in pieces about three inches in length. There can, however, be no doubt that the flavour of the fish is better preserved if boiled unskinned and whole. Fish stock, with the addition of parsley, is most suitable for boiling eels, but, if not at hand, water well salted, with a large bunch of parsley boiled in it, will answer. Put the eels into hot liquor sufficient to cover them, let them boil slowly until done, which will be, for small eels, in about half an hour. Serve with parsley sauce. A method of skinning eels practised in France is to put them either on a brasier or before a quick fire, which speedily loosens the skin, and enables the

cook easily to draw it downwards with a cloth. By this method much of the oiliness is also got rid of. The usual way in England is to cut the skin round the head and pull it off; in which case it is desirable to fasten the head with string to some strong support, or get another person to hold it.

Stewed Eels.

Eels should, if possible, be bought alive; they are much inferior if even they are kept for a day. Eels of any size can be made to answer for stewing, but those of not less than a pound in weight are the best for this purpose. The eels being skinned and cleaned, cut off the heads and tails, and reserve to help make the sauce. Cut up the remainder in pieces about three inches long, roll them in flour, pepper and salt, and fry them in plenty of fat. When done, set them before the fire, and drain every particle of grease from them. Eels thus cooked are made perfectly digestible, as it is the fish oil which they contain in large quantity that renders them so distasteful to some people. When ready, put the fish into a good gravy made from beef and the heads and tails of the eels, add a glass of sherry, the juice of half a lemon, a teaspoonful of essence of anchovy, a pinch of cayenne, and a slight thickening of flour. Simmer gently till hot through, and dish up neatly with the gravy over the eels.

Collared Eels.

Clean, skin, and boil the eels in water highly seasoned with pepper and salt, an onion, bay-leaf, a clove, and a little vinegar. When the eels are done enough, slip out the bones, and cut them up into pieces about two inches long. Take the liquor in which the fish has boiled, strain it, let it boil in a stewpan without the lid, skimming it until it becomes clear. Dissolve a quarter of an ounce of isinglass to each half-pint of fish gravy, and boil both together for a minute; let it then stand until cool. Arrange the pieces of eel taste-

fully in a plain mould with small sprigs of curled parsley and slices of hard-boiled eggs, and, if you like, a fillet or two of anchovies cut up into dice. When all the fish is thus arranged in the mould, pour the jelly in very gently, a tablespoonful at a time, in order not to disturb the solid material. Let the mould stand in cold water for seven or eight hours, when the contents can be turned out. Ornament the dish with parsley and beetroot, cut in shapes.

Eel Pie.

Skin and cut an eel weighing not more than a pound into lengths of about two inches, put it in a stewpan with a quarter of a pound of chopped mushrooms, the juice of a lemon, a teaspoonful of chopped parsley, the half of a small shalot, a pinch of pepper, and half a pint of water. Let this come slowly to the boil, then simmer for five minutes. Take out the pieces of eel, and lay them neatly in a pie-dish. Let the gravy boil up, skim it well, then stir in an ounce of fine flour mixed smooth in a spoonful of cold water and two ounces of butter. The yolks of four eggs boiled hard, and cut in half, are a good addition. Cover with puff paste, and bake for three-quarters of an hour. To be eaten either hot or cold.

Cheap Fish Pie.

For a pie of fresh fish, haddock or mackerel, boil the fish the usual time in water, with salt, pepper, and a little vinegar, pick the fish from the bones, and make the pie in the same manner as directed for salted herrings. The water in which fresh fish has been boiled must not be thrown away; with the addition of turnip, carrot, and onion, and, if convenient, a scrap of meat, it will, thickened with oatmeal, flour, or peas, make good soup for the family. The cheapest fish pie is made of red herrings or dried haddock. Put the herrings, after cleaning them, into as much boiling water as will cover them, and simmer them for one minute. Take out the fish, wipe them, take off the skin, and remove the back-

bone, holding the herring in one hand, and pressing it with the thumb and finger of the other; the bone should then come out whole, and be very careful none is left. Pick the fish into small flakes, and mix it with a spoonful or two of dissolved dripping, have ready for each herring half a pound of mashed potatoes, seasoned with pepper and salt, put a thick layer in a buttered pie-dish, then cover with the remainder of the potatoes, and bake in a slow oven for half an hour. Make a sauce to eat with the pie by boiling the bones and skin of the fish in a little water. When done, strain, boil up the liquor, and thicken it with flour mixed smooth in cold water, add pepper and salt, and, if liked, a few drops of vinegar. A small quantity of any kind of pickle chopped and made hot in the sauce is very good. To make a pie of dried haddock proceed as for herrings, but simmer the haddock for five minutes. A little chopped parsley is a great improvement to this dish.

The remains of practically any cold boiled fish can be shredded, mixed with mashed boiled potatoes (adding any white or butter sauce left over) and made into croquettes or pie. The bottom and sides of the pie dish must be well oiled with butter or dripping, and nuts of butter should be placed on the top.

Scalloped Oysters.

Four to six oysters are usually allowed to each scallop shell. It is customary to have one for each person; but if this is not convenient, the oysters can all be cooked on one dish of silver, porcelain, or tin. Take the beards and hard white portion from the oysters, and simmer them with a teaspoonful of water to every dozen for two or three minutes, not longer, or the liquor will be bitter. Butter the scallop shells, put on a thick layer of finely-sifted bread-crumbs, then the oysters. Mix the liquor made by boiling the beards with that of the oysters, boil both together, and stir in enough fine flour to make it as thick as butter sauce, stir in for each dozen oysters an ounce of butter, a pinch of cayenne, and a very little salt. Pour this over the

oysters, cover them up with bread-crumbs, lightly seasoned with cayenne and salt, pour a little dissolved butter over, and on the top sprinkle bread-crumbs fried as for game. Bake in a moderate oven for twenty minutes.

Scalloped Escalops.

When you buy them, choose those which have not opened their shells. When carefully taken off the shell, wash them very thoroughly to cleanse them from sand, of which there is generally a good deal. Simmer them gently in half a pint of water for three-quarters of an hour. Prepare a sauce, say, for half a dozen escalops, with one tablespoonful of potato flour and one of flour, mixed in two tablespoonfuls of cold milk, stir it over the fire with four or five spoonfuls of the liquor in which the escalops were stewed, until it begins to get very thick, then add two ounces of butter, and continue stirring until perfectly smooth, add a little salt, and cayenne pepper, and put the escalops into it. Butter a deep tin dish, lay on it a thin layer of finely-sifted breadcrumbs, then arrange the escalops on it, and cover them well up with bread-crumbs. Spread dissolved butter over the top, and bake slowly for three-quarters of an hour, increasing the heat the last ten minutes in order to brown it.

Creamed Haddock.

Take the meat off a fresh haddock in fillets. Grease a baking-tin, set the fillets on it, season with pepper and salt, and the juice of half a lemon, and scatter some bread-crumbs on the top. Place in a hot oven, and bake for ten minutes. Make some good white sauce, and when it is quite cooked, add a gill of picked shrimps. Pour the liquid from the fish into the sauce. Slip the fish off the tin on to a hot entrée dish. Pour over the sauce, scatter some bread-crumbs over, and serve.

Shrimp Puffs.

Pick a pint of shrimps, mince them rather small, mix with them some butter, anchovy paste, cayenne, a little cream, and white roux. Make a paste of flour, a small bit of butter, and mix with very little cold water, roll out very thin, cut it into neat square pieces about 2 inches one way and 3 the other. Put some of the shrimp mixture on each, fold over, wet the edges, press well together, wash over with yolk of egg; fry in boiling lard a pale brown, serve hot on cut paper.

Lobster Cream.

Boil half-a-pint of milk, while hot pour it over a small cupful of breadcrumbs. Beat up three eggs well; add them to the bread when it is nearly cold; chop up the lobster very small, mix it with two teaspoonfuls of anchovy sauce, a little cayenne pepper; put all together, and mix well, then stir in two or three tablespoonfuls of cream. Butter a mould, fill it, put a buttered paper over it, and steam for an hour. Turn out, and serve with anchovy, or good fish sauce.

Sardine Piquante.

Take half-a-dozen sardines, warm them in oil or butter, but do not let them harden; put on the fire in a saucepan three tablespoonfuls of thick gravy, mix into it about a dozen sultana raisins, a bit of sugar, salt, pepper, cayenne, a teaspoonful of vinegar, and about two tablespoonfuls of cream; lay the sardines on buttered toast; make the sauce hot, but do not boil, and pour over.

Sardines Au Fromage.

Warm some sardines in clarified butter, add pepper, salt, and a few drops of lemon juice. Thicken the butter with a spoonful of flour, a little cream, and the yolk of an egg, having first taken out the sardines, and put them on a hot dish. Cover the sardines thickly with Parmesan cheese;

simmer the sauce until thick, and pour it very hot over the sardines.

Devilled Sardine.

Take eight or ten sardines, drain a little from the oil, cover with mustard and cayenne, fry in a little butter. Serve on fingers of buttered toast.

Fish Cakes.

Take one pound of boiled fish, about half a pound of boiled potatoes, one egg, one ounce of butter, and a little milk. Melt the butter, add the potatoes and mash them; add the fish (which must have had all the bones removed), a little pepper and salt, then the egg, and just enough milk to bind it nicely. A little mace is a great improvement. When the ingredients are nicely mixed, form into small round cakes (a good tablespoonful will be sufficient for one), dust a little flour over, or dip in egg and bread crumbs, and fry a light brown.

Kedgerze.

Take some cold cooked fish, with about half the quantity of boiled rice, a little butter, two eggs, a good teaspoonful of chopped parsley, some pepper and salt, and if liked a dash of nutmeg. Boil the eggs hard, then put them into cold water. Melt the butter in a pan and add the rice and seasoning, stir well and put in the fish. Let it get thoroughly hot through, add half the parsley and the whites of the eggs chopped small, then stir again. Put on a hot dish. The yolks should be rubbed through a sieve and sprinkled over the top with the rest of the parsley.

Lobster and Aspic Jelly.

Put a mould with hollow centre on the table, pour a little aspic jelly into the mould, and when hard add pieces of lobster and the coral, prawns, or anything

suitable—a little more jelly—let it harden, and add hard boiled yolk of egg, put through a fine sieve—more jelly—and when set pieces of lobster, capers, truffles; fill up with jelly. Turn out on to a dish and decorate with salad.

Fish Custard.

Put some milk into a pan with a little butter, pepper and salt, and as much fish as liked. When the fish is hot stir in two eggs, and stir over the fire till it is like thick custard; keep the fish in flakes.

BEEF.

CHAPTER V.

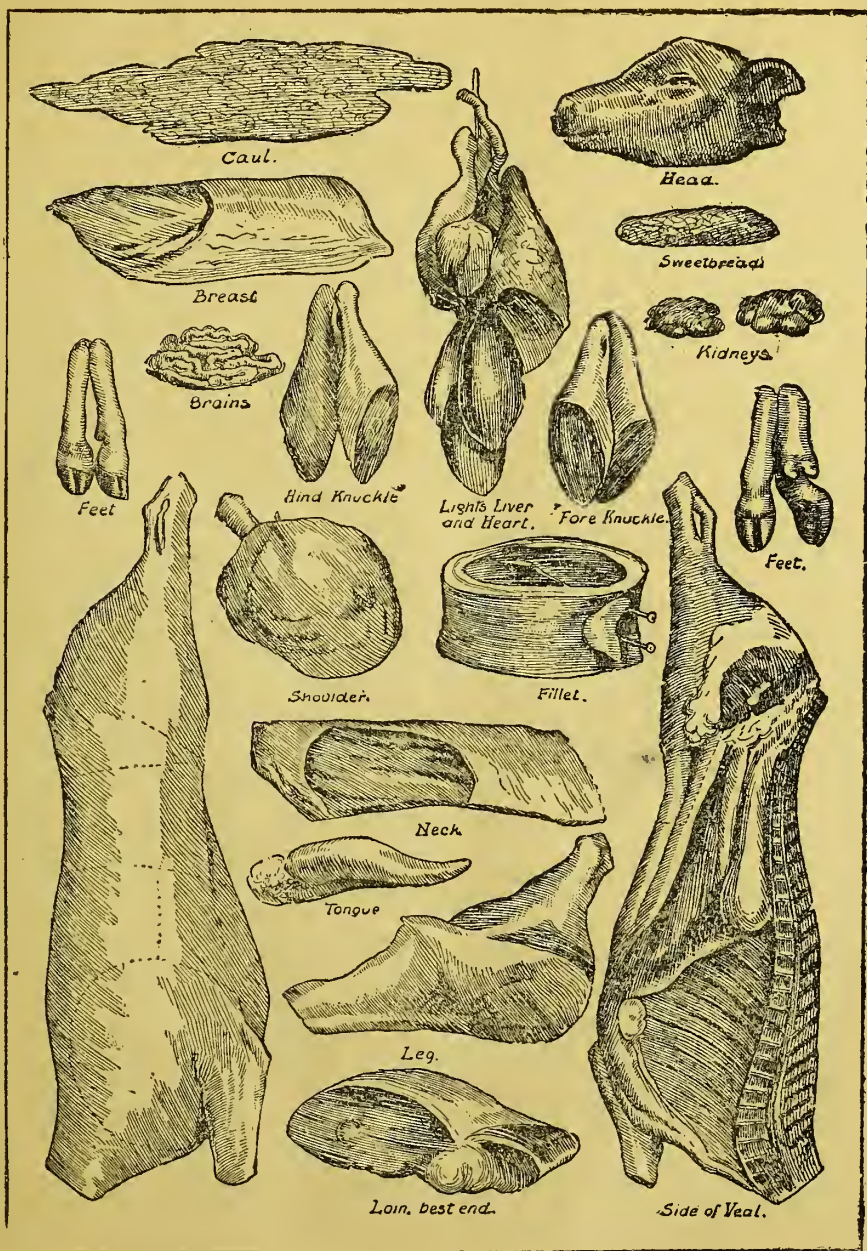
Roast Beef.

The prime cuts of beef are the middle cut of the sirloin and the ribs. The first cut of the ribs, known as the "wing rib," is the most economical, though perhaps not so fine as the next cut. The chump end of the sirloin is sometimes preferred, because it has the most under-cut; it is, however, an extravagant joint if roasted as sent in from the butcher; but if the inferior end is cut off and stewed, it will come less expensive. The other end-cut of the sirloin, which butchers sometimes call "wing rib of the sirloin," is also extravagant because it has so much bone. The long ribs of beef are more economical if boned and rolled than if roasted whole. As a family roast, the "top side" is much used. If the meat is fine this is a good cut, and economical, because without bone. It is, however, somewhat close in the grain, and more suitable for stewing than for roasting. In choosing beef, observe the kidney fat or suet; if this is firm, of a yellowish white, full and handsome-looking, it is a good sign. An old writer says, "Beef speaks for itself: the fat must be white and pure, the lean smooth-grained and of a healthy crimson." There is no safer test of the quality of beef than the touch; it should be soft, and yield to the pressure of the finger. The time for roasting beef is usually given as a quarter of an hour to the pound; much, however, will depend on the thickness of the meat and the state of the fire. Thus, some cooks

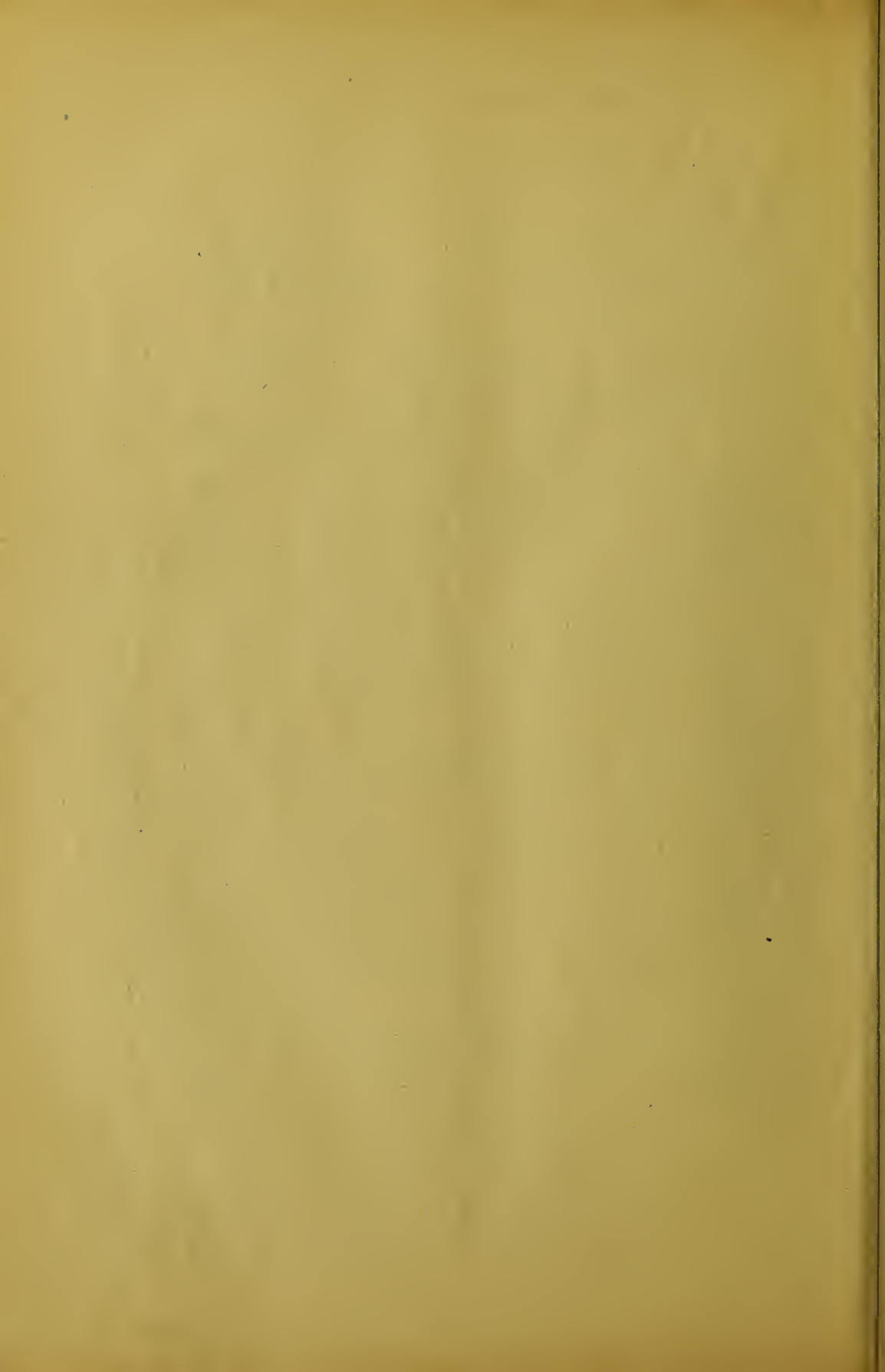
remove the under-cut from the sirloin in order to make a choice little dish with it, and then the joint will be done through more quickly. We refer our readers to the general remarks on roasting.

Salt Beef.

To be wholesome, beef should be only lightly salted, but in any case it is not an article of diet to be recommended. Salt is apt to harden the fibre of lean beef, and render it indigestible, and a great deal of nourishment is drawn out in the process of curing. These remarks do not apply to meat which has more fat than lean, as, for instance, the end of the sirloin, or the thick flank. It is now usual much more than it was formerly to have beef sent in ready salted by the butchers; it is, however, better to have it done at home. Put it, after having taken out kernels, if there are any in the fat, on a clean dish, and sprinkle heavily with salt. The next day drain away all that has run from the meat, and cover it in a deep pan with a pickle, made by boiling a pound of salt and half an ounce of saltpetre in two quarts of water; use cold. When there is no danger of flies attacking the meat, it is only necessary to rub in the dry salt mixed with saltpetre, and every day, with hands first washed in hot water, to turn and rub it thoroughly. The above quantity of salt is ample for ten or twelve pounds of beef. To salt it thoroughly, it should lie for sixteen days, but, as before observed, is more



THE JOINTS OF VEAL.



wholesome if lightly salted for about a week. When ready to cook, wash the salt off the meat, put it into a kettle with enough water to cover it, let it come slowly to the boil, then carefully skim the pot. One hour after this is done, put in the carrots to be eaten with the beef, and at the expiration of another hour the turnips. Boil from three to five hours, according to the size of the piece of beef. If parsnips are liked, it is usual to put them in with the meat. A leek or two, and a few green tops of celery greatly improve the flavour. Serve with plain butter sauce and some of the beef liquor. The liquor, with a few of the carrots and turnips, will make an excellent soup if poured over slices of bread placed in a tureen. If rather salt, add more water and convert into pea-soup.

Roast Rump Steak.

Rump steak is in such general demand for broiling, that it will be as well either to buy or bespeak the cut for this dish the day before it is wanted for cooking. The price of this cut should not exceed, in London, a shilling a pound, because it is not considered so prime for broiling as middle cuts, and butchers make an allowance when customers take it in one piece. When the rump is cut out to within three or four pounds, get the butcher to take the remainder off the bone in one piece. Rub pepper and salt well into the meat, then flour, and tie into as round a shape as you can. Roast the meat, not too fast, for an hour, or an hour and a quarter if liked well done. Serve with gravy in the dish. This little joint is much improved by larding. It is a pity English cooks do not understand this simple art; it costs but a few pence to lard a fowl, and it can be done by a fairly experienced hand in less than ten minutes. See directions for Larding, page 77.

Rump Steak

Choose a "point steak," which is reached when the rump is about half cut into. When the time for cooking arrives, sprinkle

each side of the steak with pepper and salt, put it on the gridiron over a clear fire, and let it cook very rapidly for a minute, in order to slightly harden the outside, and prevent the gravy running out. Turn on the other side with steak-tongs, and when it has also been quickly browned, again turn. The secret of keeping a steak from getting dry lies in frequent turning, at intervals of about every minute. A steak of average thickness will take from ten to twelve minutes to broil properly. If there is no objection to the flavour of eschalot, shred one as finely as possible, put it on the dish on which the steak is to be served, with a slice of butter, put it on the range to get hot whilst the steak is cooking. Home-made catsup may be substituted for the eschalot, or butter alone be used. When the steak is done, pass it on both sides through the butter, sprinkle over it a little more pepper and salt, and take care to serve very hot.

Stewed Rump Steak.

Have a fine steak cut about an inch thick. Brown the outside quickly in the frying-pan; to do this properly the pan should be well heated, and merely rubbed with butter before putting in the steak. As soon as browned, put it into a stew-pan, with three onions to a pound, also fried a nice brown, a sliced carrot, turnip, pepper and salt, and enough water or stock to cover the meat. Keep the pan closely covered, and stew very gently for an hour to an hour and a quarter. The perfection of this dish consists in its being tender, well done, but not in the least ragged. Drain the gravy from the meat, take off all the fat; this done, return it to the stew-pan, and when it boils thicken with a tablespoonful of flour mixed smooth in a little cold water, add a small teaspoonful of soy, and pepper and salt if necessary. Put the steak on a hot dish, and garnish with the vegetables stewed with it. To make the dish look nicer, a carrot and a turnip can be boiled separately, and cut into shapes, flowers, leaves, etc., either with vegetable or pastry cutters. The vegetables cooked with the meat should also be served, as

they have both flavour and nourishment of the meat.

Rump Steak Pie.

Put a layer of fine tender rump steak, or of fillet steak, at the bottom of a pie-dish, sprinkle with pepper and salt, allowing a large teaspoonful of salt and a small one of pepper to each pound of steak. Skin and split some sheep's kidneys—two are a fair allowance to a pound of steak—cut each in four slices the long way of the kidney, and lay them on the steak. Mushrooms may be used either as an addition or instead of the kidneys. Place another layer of steak over these and fill up the dish with stock or water. An onion minced and boiled in the water or stock for the gravy is an excellent addition. The steak should be freed from all fat, which never bakes well, and makes the pie greasy and indigestible. Having put all the materials in the dish, cover up the pie with good puff pastry, and bake in a moderate oven until the gravy boils and the crust is firm in the centre. For a family pie use beef instead of mutton kidney, and add a few slices of raw potato. For the crust use suet very finely shred, roll it in with the dry flour a little at a time, make it into a paste with half a pint of water to a pound of flour. Three-quarters of a pound of suet to a pound of flour makes a good crust, but a little more suet may be allowed with advantage. Roll the paste out as thin as puff pastry, beating it occasionally to break up the suet, put four or five layers on the edge of the dish, and do not make the cover too thick.

Rump Steak Pudding.

Line a pudding basin with a paste made of shred beef suet, ten ounces to the pound of flour, with water in proportion of half a pint to a pound of the latter. Lay in pieces of rump steak nicely trimmed, and sprinkle over pepper and salt, then a layer of mushrooms skinned, repeat the layer of steak, and so on till the basin is full. Pour in as much stock or water as the basin will

conveniently hold, put on a lid of paste, cover with a cloth, which should be tied on tightly, and boil from two to three hours, according to size. When the pudding is done, send it to table in its basin with a napkin neatly fastened round. Two or three sheep's kidneys cut in quarters may be substituted for the mushrooms; oysters are excellent. The carver should remove a round piece of the top crust and pour in a little gravy, which should be made of the mushroom trimmings and a little meat.

Roast Fillet of Beef.

Except in the shape of "fillet steak," fillet of beef is little used and less appreciated in England, whilst in France it is much sought for, and esteemed as the most tender and digestible piece in the whole ox. English people condemn it as tasteless; if it is, it is the fault of the cook. Properly speaking, a fillet of beef includes the whole undercut of the sirloin and rump; but as joints are cut with us it is not possible to obtain it in one piece, therefore the undercut of the rump alone must be bought. From a fine rump of beef the fillet will weigh about four pounds; if charged as it usually is at steak price, it should have no skirt and little suet, and will be found an economical dish. Get the meat the day before you require to cook it; rub in a dessertspoonful of vinegar, very lightly pepper and salt, and hang in a cool place until wanted, then rub in a teaspoonful of the finest salad oil and roast it slowly. It should be rather underdone. Have ready a nice rich brown gravy, the thickness of cream, and baste the fillet with it before the fire ten minutes before serving. Put it on a dish with the fat side upwards—the carver will cut slices fillet-wise. Roasted artichokes may either be served in the gravy as a garnish to the fillet, or separately. If the cook understands larding, it is a great improvement, or, as a substitute, a thick slice of fat bacon fastened over the underside of the fillet during roasting will be found good.

Fillet Steaks.

Take either the undercut of the sirloin or rump, neatly trim it, and cut into slices half an inch thick. Sprinkle lightly with pepper and salt, and let them lie for an hour. Broil in the same way as rump steak for about six minutes, and serve with the same sauce or put in the middle of each steak a small piece of maitre d'hotel butter, made as follows: Mix into a smooth paste a teaspoonful of finely minced parsley with half an ounce of cold fresh butter, a pinch of salt and of pepper, and a few drops of essence of anchovy; or the steaks may be sautéed thus: When cut into slices as above, lay them in a dish with a very little vinegar, pepper, and salt, and let them lie for an hour or two. Put a little butter into the frying-pan, cook the steaks very slowly in it, turning frequently. When done, pour over them either a little rich thick gravy, tomato, or sauce piquante, and serve very hot.

There is no more delicious little dish than fillet steaks, larded. This is merely slips of fat bacon passed through the meat at equal distances. The steaks are then cooked as in last directions, but need not be dipped in vinegar. They will be sent to table covered with a glaze-like gravy.

Stewed Shin of Beef.

The best part for this dish is unquestionably that which contains the most sinew; choose, therefore, what some people call the roll of a shin of beef, that is, the portion nearest the hoof, and which, when cut out whole, will weigh from two to three pounds. Trim off the ends if there is much gristle, and use them to make stock. Put the beef into a large stewpan, with as much weak stock or water as will half cover it. Pepper and salt thickly the upper side of the meat, and lay over it six onions, two carrots, a turnip, and a sprig of parsley. Let it simmer one hour and a half, then turn the beef and sprinkle pepper and salt over the other side, and let it simmer again for an hour and a half, by which time the meat should be perfectly tender, with the sinews like jelly, but if at all ragged the

dish is spoiled. Some meat takes longer than others, but always allow three hours, as it is all the better, if done before the time, for standing at a low heat in its gravy. When the vegetables are perfectly tender, take them out, chop them up, season nicely, and set them in a small saucepan, with a bit of butter, and just before they are required to garnish the dish put them on the stove to warm. When the beef is done take it out and set it on the stove with a basin over it to keep just warm. Skim, season, and thicken the gravy, and add half a teaspoonful of Indian soy; then return the beef and let it simmer a quarter of an hour. Put the garnish of vegetables round the dish in little heaps. This will be found a most delicious and economical dish. If made the day before it is wanted it is equally good, and will then only require to be simmered for half-an-hour before serving.

Pie of Stewed Shin of Beef,

Stew the roll of a shin of beef weighing about three pounds with a pound of onions, a turnip and carrot, a quart of water, a tablespoonful of salt, and a teaspoonful of pepper. The beef will take from two to three hours to cook, according to its age and quality, and when done it must be perfectly tender without being ragged. Cut the meat into slices, the round way, place it in a pie-dish, rub the vegetables cooked with it to a fine pulp, mix this with the gravy, which should be reduced by boiling in a stewpan, without the lid, to half-a-pint, and pour it over the meat. Half a pound of uncooked ox kidney, or mushrooms, if in the country and they are plentiful, are excellent additions. Make a crust as follows:—Scrape very fine three-quarters of a pound of beef suet, weigh a pound of fine flour, roll a little of the suet with a little of the flour into flakes until all is worked up, mix into a paste with rather less than half a pint of cold water, and roll out very thin. Fold the paste over to the required thickness, put a thick layer round the edge, and cover the pie in the usual manner. The quantities given above are for a large family pie, which will be suffi-

cient for eight persons. Equal quantities of suet and flour should be used if a superior crust is required. Crust thus made is very good, and if properly managed should be as light and good as that made with butter, and as it is to be eaten hot is more wholesome and digestible than the latter. An excellent pudding can be made of the stewed shin, proceeding in the same manner as for rump steak pudding.

Stewed Beef Steak.

Beef steak stewed according to this recipe is useful when there is not time to prepare a thick slice in one piece; nevertheless, to have it tender and in perfection an hour and a half is required for stewing. Get a pound and a half of bullock steak, without extra fat, first cut it in long thin strips, then in neat small dice. Have ready a pint of boiling water with half a teaspoonful of salt and a large pinch of pepper, put in the meat, let it boil for a few seconds sharply, then moderate the heat so that the meat will only simmer until done. Half an hour after the meat begins to cook, put in two or three minced onions. When the meat is perfectly tender, stir into the gravy two tablespoonfuls of flour, mixed smooth, in half a pint of cold water, and a little more salt and pepper if necessary, and as soon as the gravy has thickened put the stew on a dish and garnish it with small dumpling balls.

Grenadines of Beef.

Cut two pounds of the undercut of either the sirloin or the rump of beef into neat cutlets about the third of an inch thick. Lard them with thin strips of bacon, and put them in a stew-pan with a small piece of butter, lightly sprinkling the upper side with pepper and salt. Let them cook very slowly, without approaching frying point, for fifteen minutes, then turn them on the other side, which lightly pepper and salt, and allow the grenadines to cook for another fifteen minutes. Have ready half a pint of rich well flavoured gravy, of a good brown colour, and thick enough to

coat the grenadines, which place on the dish, pouring the gravy slowly over them. The dish may be made to look very pretty by a little garnish of sprigs of cauliflower, Brussels sprouts, or any vegetable in season, but after these are boiled and drained from the water, they must be tossed in a stew-pan with a little butter.

Hashed Beef.

The only part of cold beef which is suitable for this dish is the undercut of the sirloin, which cut into slices half an inch thick, and place in a stew-pan covered with good stock or gravy, one or two minced onions, and a turnip. Let the meat get hot slowly, and stand very gently simmering for three-quarters of an hour. Thicken the gravy, add salt and pepper if necessary, and serve the hash with currant jelly. If liked, a glass of claret and a lump of sugar can be added to the gravy with the thickening. It is usual to place fried or toasted bread round the dish.

Stewed Ox Tails.

Have the tails cut into neat joints, wash, dry, and flour the pieces; fry them in plenty of fat until they are a light brown, then put them in a stew-pan with sufficient stock, well salted and seasoned with pepper to cover them, two or three onions fried, a sliced carrot and turnip. Simmer from two hours and a half to three hours, or until the meat is tender enough to come easily from the bones. Strain the gravy, and let it get cold in order to take off all the fat; this done, see that the tails are clear of vegetables, and put back the gravy thickened with a little flour flavoured with cayenne and port wine. The stew-pan should not be allowed to boil, or to stand too long after the gravy is added, because the stew may get greasy.

Roulades.

To make these a fillet of beef must be procured. One of the most convenient

ways is to remove the fillet, or undercut, of the sirloin before roasting. The undercut of the rump known as fillet steak is, however, equally suitable for the purpose. There need be no waste in its use, as all the trimmings can be made into pies or stews for the second table. Cut as many slices as you require roulades as thin as possible, lay one at a time flat on the board, cover it with a very thin slice—not quite so large as the beef—of boiled bacon, then roll it up very tightly, egg it over, roll it in finely-sifted bread-crumbs very highly seasoned with pepper and salt, then put it on a skewer in such a manner as it will keep its shape nicely; as the remainder are prepared, place them on the skewer, not too close together, four will be sufficient to place on each skewer. Put into the frying-pan a small slice of butter, and when it is hot put in the roulades, and let them cook gently on one side for ten minutes, when they should be crisp and brown; then turn them on the other side, and finish. A very little concentrated gravy, thickened, may be poured round the dish immediately before serving, or they may be sent up without it. The remains of a roasted fillet of beef or of sirloin are excellent, used for roulades.

Rissoles.

Mince the meat very fine, taking care it is free from skin and gristle, add to it about a fourth of its weight in bread-crumbs. Mix them with an onion boiled until perfectly tender, a few drops of essence of anchovy, pepper and salt, and sufficient egg to make it all into a stiff paste. Roll into egg-shaped balls, dip each in egg and bread-crumbs, and fry very gently. One egg, if well beaten, will suffice both to mix and egg the outside of a dozen rissoles of moderate size. Make a gravy of the water the onion was boiled in and the trimmings of the meat, and when the rissoles are done, pour the fat from the frying-pan, in which let the gravy boil up, then thicken with a little flour and water. A few drops of vinegar or any sharp sauce may be added with advantage, season with pepper and salt, and pour the gravy round the rissoles. If convenient to fry

the rissoles in a wire basket, and with hot fat as for croquettes, it is better to do so.

Potted Beef.

To make the finest kind of potted meat use steak. Take away all skin and sinew, cut the meat into very small pieces, and put it into a covered earthenware pot, which place in a saucepan of water, or in the oven, and let it cook gently until all the gravy is drawn. Pour off the gravy, keep it for future use, and pound the meat in the mortar until perfectly smooth. To each pound of meat put a quarter of a pound of fresh butter, or of cold boiled fat bacon pounded in the mortar, two tablespoonfuls of essence of anchovy, a small teaspoonful of pepper and salt to taste. Put the meat into the covered jar as before, and let it cook gently until the mass is hot through. When taken up stir occasionally until nearly cold, then press it into little pots, and the next day pour over each, so as effectually to exclude the air, sufficient clarified butter or mutton suet to cover it. The meat which has been used for making beef-tea answers well for potting, and much time and trouble is saved by the use of a good mincing machine, instead of the pestle and mortar. This machine, by a special action, reduces the meat to a fine pulp with great ease and rapidity, and is besides invaluable for all kinds of mincing operations.

Minced Beef.

Clear the meat of sinew and gristle, either chop it with the mincing-knife or pass it through the sausage machine. This done, put the mince into a stew-pan with sufficient good, cold gravy to cover it, a minced shallot and a teaspoonful of minced parsley. Let it stand on the range, getting hot very slowly, and never letting it boil. When done, as it will be when thoroughly hot, add a very little ketchup, Worcester, or chutney sauce, as may be liked, and pepper and salt to taste. Fry sufficient sippets of bread for your party, and place round the dish for serving, on each a

sprig of dried parsley, and the mince in the centre of the dish. This is a good way of utilizing scraps of cold beef, but if required to be made fresh, a slice of rump steak can be lightly broiled and then minced in the machine.

Spiced Beef.

For ten pounds of meat make the following pickle:—One pound of common salt, two ounces saltpetre, one ounce of cloves, half an ounce of allspice, half a pound of coarse sugar. Let all these ingredients be thoroughly pounded and mixed together. Take ten pounds of brisket of beef, rub it well with this pickle every day for a fortnight. When about to cook, roll it up as tightly as possible and tie it round with a string, place it in a deep earthenware pan with a little stock, or water, and cover the top with suet; let it bake gently for four hours, or it may be boiled. When cold cut the string, and it will retain its form; glaze or cover with raspings.

Pressed Beef.

Take a nice square piece of the thick flank, cure it as directed for spiced beef, boil it in stock with a bay leaf and an onion and a bundle of sweet herbs. When perfectly tender place it between two dishes with heavy weights on the top. The next day trim it neatly and glaze. This looks nice, and is improved if when cold it is cut to the size of a deep tin dish, and when placed in it a clear meat jelly is poured over so as to run well underneath it. When turned on to its dish to be served, the meat should be found covered with a bright clear jelly a quarter to half an inch thick.

Rolled Beef.

Choose a piece of the thick flank long enough to roll well; about four pounds will be enough for a small collaring tin. Put it into a pickle as directed for spiced beef. When about to cook, take out the

bones and gristle, and remove all skin, and boil gently until it is perfectly tender, remove the string, put the meat into the collaring tin, set a weight on the top, and let it stand until the next day. The bones, etc., taken out of the meat should be boiled in the water with it. A patent brawn presser is much more convenient than the old collaring tin; as it is worked by a screw presser no weights are required.

Pressed Ox Cheek.

The whole or a portion of an ox cheek can be used for this purpose, as may be convenient. Thoroughly cleanse the cheek, boil it for ten minutes in water with a little salt, which pour away, thus ensuring perfect cleanliness. Again cover the head with salted water, and boil an ox heel or a pound of the rind of pork with it until perfectly tender. Take out the bones, chop up the meat, season highly with pepper and salt, a small quantity of allspice is an improvement, and press the meat into the collaring tin as directed for spiced beef. The liquor the cheek is boiled in will, with the addition of vegetables, make excellent soup.

Pickled Tongue.

First sprinkle it over with salt, and let it drain well from the slime, until the next day; then wash it well and lay in the following mixture:—Put two ounces of saltpetre, two tablespoonfuls of brown sugar, one tablespoonful of pudding spice, and one gill of vinegar this must be well rubbed into the tongue every day for a fortnight; and also turned every morning, first one way and then the other; when it has lain in soak so long, wash it well in cold water. Have a stewpan ready with just enough water to cover the meat, and throw into it a tablespoonful of whole mixed peppercorns, a bayleaf, a few cloves, a blade of mace, and a good tablespoonful of vinegar. When the water is quite hot, place in the tongue, let it come to the boil, then skim well, allow all to simmer for three hours; a little judgment must

be used, as to the size of the tongue. When the tongue is eoked, take it up, dip it into cold water, and skin it at once; with a clean towel press it into shape, turning the top of the tongue slightly up. Before taking to table it should be screened with fine bread raspings, or it may when cold be neatly glazed.

Vienna Beef Cutlets.

Cut the meat into small pieces, and pound it in a mortar until it is in a paste. Season with salt, pepper, and mustard, a little onion, a little beef gravy, and a little dissolved butter; form into cutlets; dredge dried flour on both sides, dip them into egg and bread crumbs, fry in a little butter, and serve mashed potatoes round them, and fillets of anchovy on the top.

Noisettes of Beef or Mutton.

Cut the lean part of some fillet of beef or mutton, half an inch thick, bat them, trim in rounds, season with eschalot; pepper, and parsley, fry in a buttered pan four minutes; fry some croutons of bread, bake some slices of tomato; arrange the fillets between the tomato and croutons, and serve with a good tomato sauce.

To Make Curry.

Put four ounces of butter in a saucepan with an onion thinly sliced, and fry until quite soft and brown. Then add one ounce fresh curry powder, six small chillies powdered fine, crushed, a pinch of ground allspice, the milk of one cocoanut, and about quarter of the nut grated, and salt to taste. Let all simmer for half an hour, and then have ready cold beef or mutton, or a chicken cut into small pieces, or some pieces of fish, add to the curry, and simmer for half-an-hour. Serve in a very hot dish. The rice (half a pound to one quart of water and some salt) should be thrown into boiling water, and when cooked should be turned on to a sieve to dry, and served separately in a hot dish. Chutney should always be placed on the table with curry.

For those who do not care for very hot curry the chillies may be left out.

Fricasseed Steak.

Cut the steak from the round or rump, into small squares, and flour these lightly. Put some dripping into a frying pan, slice into it a Spanish onion, and add some cooked tomatoes, if in season; lay in the pieces of meat, and fry them a nice brown. Put the pieces of steak into a saucepan, strain the contents of the frying pan, add a little boiling water, season pepper and salt, pour over the steak, and simmer gently for nearly an hour. Serve with rice boiled as if for curry. The slices of onion can be left in if liked.

Minced Beef and Mushrooms.

Take some cold roast beef, a few mushrooms, any gravy left, an onion, flour, seasoning, and some fat for frying. Peel and slice the onion and fry it with the mushrooms in a little good dripping. Put these into a pan with the gravy thickened with flour and seasoning and bring to the boil. Draw the pan to the side of the fire after it has boiled a minute, add the meat chopped finely. Serve with sippets of toast, or in a ring of mashed potatoes.

Spiced Round of Beef.

Take a round of beef weighing twenty-five or thirty pounds, and place it on a large platter. Mix well four dessert spoonfuls of pepper, four of allspice, and two of cloves, two of saltpetre, and twelve of salt, with four tablespoonfuls of molasses. Rub this compound into both sides of the round, and repeat the process every morning for three weeks, turning the round over on the platter daily. When it is ready for use make a good gravy of beef, and put it with the spiced round into a large oven, where it must stew slowly for four or five hours closely covered. Add the water to the gravy if necessary. Do not cut it until cold, and

then in very thin slices, almost like paper, horizontally and evenly, so that until it is almost gone it will present a good appearance upon the sideboard.

Potted Tongue.

Boil a good fresh tongue tender, trim off the skin and rind, weigh the meat, mince it very small, and pound it as fine as possible, with three ounces of butter to every pound of tongue, a small teaspoonful of nutmeg and cloves and Cayenne pepper to suit taste. Beat the spices and meat well together, and then put away in pots for use.

Aberdeen Sausage.

Take one pound of lean beef steak, half a pound of fat bacon, two teacupfuls of bread crumbs, one dessertspoonful of Worcester sauce, one egg, half a teaspoonful of salt. Mince finely the beef and bacon and mix well, add the bread crumbs, and seasoning, lastly the egg. Form into a roll, and boil in a floured cloth for three hours.

Beef Roll.

Take one pound of lean beef steak, one pound of smoked bacon, $\frac{1}{4}$ lb. of bread crumbs, one egg, and a little each of grated nutmeg, salt and pepper to taste. Put the steak and bacon raw through a mincing machine. Mix all the above ingredients together, make into a roll, tie in a well-floured cloth, place in boiling water, and boil for three hours. To be eaten cold.

Beef Jugged and Rolled.

Take the inside of a large sirloin, soak it in a glass of port wine, and a glass of vinegar mixed, for forty-eight hours. Have ready a very fine stuffing and bind it up tight. Roast on a hanging spit, and baste it with a glass of port wine, the same quantity of vinegar and a teaspoonful of

pounded allspice. Larding it improves the look and flavour, serve with rich gravy in the dish, currant jelly and butter in tureens. This is an excellent way for dealing with rather tough beef.

Beef Fritters.

Take one egg, half a teacup of milk, two sprigs of parsley, one ounce of sage chopped fine, half a pound of cooked beef or mutton, three tablespoonfuls of flour, salt and pepper to taste, one medium sized onion. Mince the meat, and onion and herbs very finely. Beat up the egg and stir in the flour slowly, adding milk as required until a smooth paste is the result. Mix in the meat, onions, herbs, and seasonings. Heat dripping to the boiling point, drop in the mixture from a spoon, and fry a golden brown. Serve hot with mashed potatoes.

Beef Sausages.

Although good sausages may be made from the coarser parts of prime beef, it will be found best to use "buttock steak," or failing that, any tender, juicy steak. Take six ounces of beef suet to a pound of lean beef, two ounces of bread crumbs, a large teaspoonful of salt, one of black pepper, and of sweet herbs dried and sifted; proceed as for pork sausages. Fry them slowly, but for rather less time than those made of pork.

Stewed Tripe.

Take one pound of tripe, two Spanish onions, one ounce of butter, one dessertspoonful of flour; three quarters of a pint of water, half a teaspoonful of meat extract, a little salt and pepper. Melt the butter, mix the flour smoothly in a little milk, add hot water; then add the onions sliced, and the tripe. Simmer slowly for an hour and serve.

Danish Tripe.

Have ready a piece of tripe large enough to fold into a pasty. Make a stuffing with onions, a little sage, bread crumbs, pepper and salt, and some finely chopped lemon rind. Pupt a thick layer of this on one half the tripe, and fold the other on to it. Sew the edges, so as to keep the stuffing in. Place a few slices of bacon on the top of the roll, put in a baking tin, and bake for two hours or more, basting often.

Arrange on a hot dish, cut into slices an inch thick, and serve with a good brown gravy poured round. Tripe stewed with tomatoes is also nice, say about one pound of each, the tripe cut into nice sized pieces, the tomatoes passed through a sieve, and put into a pan with about two ounces of dripping, an onion, and a very little water, salt and pepper to taste. Allow it to simmer gently for an hour and serve very hot.

MUTTON.

CHAPTER VI.

"Five year old mutton" was that always demanded by housekeepers of former generations; and rightly, for immature meat has neither the savour nor nourishment of that which has attained its proper age. It is rarely now that mutton is found in the markets even two years old, and it is often fatted so rapidly as to be very inferior. In London a large proportion of the mutton supplied by butchers is foreign, and is apt to be dry and flavourless. It is far better to pay a good price for home produce than to have this cheaper and less satisfactory meat. The characteristics of good mutton are white fat, the lean somewhat dark in colour, the bones small, the legs short. In choosing a leg observe that it is plump in the middle and short at the knuckle. Inferior legs of mutton are often cut with a portion of the chump of the loin attached. Housekeepers ask still for "wether legs of mutton;" but now that the meat is killed so young, "ewe mutton" is equally good, if not better.

Roast Leg of Mutton.

A leg of mutton for roasting should always be well hung. When ready to dress it, wipe well with a damp cloth, sprinkle

it with flour, pepper and salt, and put it down before a quick fire. (See general directions for roasting.) When the meat is on its dish, pour round it a clear gravy, made according to the directions for gravy for joints.

Boiled Leg of Mutton.

It is to most tastes an improvement to mutton to boil it with the vegetables intended to be eaten with it—carrots, turnips, and in some cases onions. Boil enough water to cover the mutton, with a teaspoonful of salt to each quart, put in the vegetables whole. The old-fashioned plan of enclosing these in a net is a good one, and enables the cook to take them out readily. Having allowed the pot to boil up after the vegetables are put in, plunge in the leg of mutton, which must have been carefully washed, let it boil fast for ten minutes, when, having taken off all the scum, let the meat simmer until done. A leg of mutton weighing eight pounds, will take two hours from the time it begins to simmer, and a little longer if required to be well done. Try the vegetables after they have boiled for an hour and a half, and if tender take up and keep them hot until wanted. The carrots and turnips can be served whole or minced, and placed in little heaps round the mutton. The tur-

nips are generally preferred mashed. (See Mashed Turnips.) Put a little of the liquor in which the meat was cooked in the dish, also serve some, having taken off the fat, in a tureen. Make the caper sauce usually served with boiled mutton of this liquor instead of water.

Braised Leg of Mutton.

To braise properly requires a kettle made specially for the purpose, having a lid on which charcoal can be burned. A very good braise, however, can be made in an ordinary kettle. Choose a small leg of mutton, Welsh is the best, lard it with thick strips of bacon seasoned. (See directions for Larding.) Place at the bottom of a deep kettle, a thick layer of sliced onions, carrots, turnips, a tablespoonful of salt, and a teaspoonful of pepper. Put in the mutton, pour over it very gently a pint of good beef gravy mixed with a gill of brandy, if there is no objection, a very small bit of garlic should be added. Cover the pot closely, and let the meat cook very slowly for four or five hours. It should be turned once during the cooking. When it is done, strain the gravy and take off the fat, and reduce it to half glaze, by boiling without the lid on the saucepan. Put the meat on a dish, baste it with gravy before the fire until it is nicely browned, then place it on a purée of stewed endive, or any other vegetable you prefer.

Haunch of Mutton.

This is a leg of mutton with a portion of the loin attached, and is considered a very handsome joint. Roast it by the usual rule, taking care the fat is not over brown. It should be well hung. Serve with a good clear gravy, and offer red currant jelly with it.

Saddle of Mutton.

This handsome joint consists of the two loins; it requires careful cooking, and unless the meat is of fine quality is a most

extravagant dish. The butcher usually prepares this joint for roasting; it is neatly trimmed into a handsome shape, and the skin is taken off and skewered on again. If for a party dish, it is usual to fasten a kidney each side of the tail. The usual rules for roasting apply to this joint, but on account of the superabundance of fat, great care is required. After the saddle has been at the fire for an hour, take off the skin, sprinkle pepper, salt, and flour over, and continue to roast slowly, basting continually until it is done. The fat must on no account be allowed to be more than lightly browned. Serve with clear gravy, and send round currant jelly. A saddle of mutton should always be well hung.

Roast Shoulder of Mutton.

Wipe and flour well before putting down to the fire; sprinkle with pepper and salt, and roast quickly, taking care that the fat does not get burnt. An hour and a quarter to an hour and a half is usually sufficient time for roasting this joint. Serve with clear gravy in the dish, and onion sauce in a boat.

Roast Loin of Mutton.

Some people like the skin of the loin removed, in the same way as the saddle, but in neither case is this necessary, if the meat is carefully roasted, that it does not get too brown; the flavour of the meat is improved if pepper and salt is lightly sprinkled between the jointed bones; it should be well basted, and unless very large and fat will take less time to roast than the thicker joints. If it is intended to carve the loin in the same way as the saddle and the haunch, that is, in longitudinal slices, the butcher should be told not to chop the bones.

Boned Loin of Mutton.

With a sharp knife remove all the bones from three pounds of the best end of a loin of mutton, cut away the fillet from the bones, mince it very finely, add an equal weight of bread-crumbs, a shallot scraped

and minced, a little fresh parsley chopped, pepper and salt, and enough egg to bind it. Place this on the mutton, bind it up lightly with tape, rub the outside with flour, pepper and salt, and roast slowly for an hour and a quarter. Fry the bones with onions until brown, and make them into a good gravy, with a little stock, and any morsels of meat you may happen to have. Thicken the gravy and pour round the meat. Garnish with stewed or glazed onions.

Chops.

By far the best way of cooking chops and steaks is to broil them, and this may be done either over the fire, or before it in a hanging gridiron, but no broiling is so perfect as that done by good gas-ring with terra-cotta reflector. In the first place, lightly salt and pepper the meat on the side which is placed uppermost on the gridiron, then let it cook very quickly for about a minute in order to harden the outside and prevent the escape of the juices before the meat is done; as soon as one side is done, turn on the other, and let this also brown, then turn again, moderate the heat, and let the chop cook from eight to ten minutes, according to thickness, turning it every minute. Chops are best served without condiment of any kind, but some persons like a small piece of butter passed over them, after they are laid in the dish, pepper and salt being afterwards added.

Roast Neck of Mutton.

It is usual only to roast the chop end of the neck, which is tender and delicate. The scrag is best for stewing or boiling. An hour will be time enough to roast this little joint.

Whole Neck of Mutton.

Procure a whole neck of mutton—that is, the neck not divided down the middle, but cut entire from the sheep. This will be the scrag united, and will weigh about

three pounds. It must be perfectly fresh. Having well washed the neck, dry, flour, and fry it, turning it about until nicely browned, then place it in a deep stew-pan or in a soup-kettle. Cover it with nicely seasoned stock, and put in six onions, two turnips, and a carrot. Cover the pot closely, and let it simmer until the vegetables are tender, as they will be in an hour and a half to two hours; take them out, and set them aside to garnish the neck, which will take from four to five hours' gentle simmering. When done it should be as tender as chicken, and sufficient time for cooking should always be allowed, as it is rather improved than otherwise by standing at a low heat when finished. When the neck is done take it out of the gravy, which set aside to cool in a pan of cold water, in order that all the fat may be readily removed. Keep the neck hot, in the meantime, by covering it closely in the pot in which it was cooked. Having taken the fat off the gravy put it into a stewpan, and let it boil rapidly without the lid until reduced to about a pint. If it is not then thick enough, add a teaspoonful of potato flour and one of flour, mixed smooth in two tablespoonfuls of cold water or stock. This done, return the neck to its gravy, and let it simmer gently for half an hour. Mince the vegetables cooked with the meat, place them in a stewpan with a piece of butter, shake them over the fire until thoroughly hot, arrange them neatly in little heaps on the dish round the neck. Peas, asparagus tops, or sprigs of cauliflower, cooked separately, may be added to the above vegetables. They not only make an improvement, but look pretty. The carver will cut the meat from the bone longitudinally in large handsome slices. A whole neck of mutton, gently boiled for four or five hours in salted water, with two carrots, two onions, and three turnips, and served with caper sauce, is very good.

Neck of Mutton Cutlets.

This excellent dish will serve either as an entrée or a supper dish. It will be less expensive if the whole neck is purchased, and the scrag end served boiled or stewed.

The best end will give seven cutlets, four with bones and three without them. Let the butcher saw off the chine bone, then the cutlets can easily be divided at home. Trim them neatly, removing any gristle and almost all the fat. Trim away the fat from the long bone, leaving it bare for nearly two inches. When the cutlets are ready, melt a piece of butter the size of a hazel nut in a stewpan, put in a layer of sliced turnips, onions, and celery, lay the cutlets on this, lightly sprinkle pepper and salt over, and cover them with another layer of the above vegetables. Cover the stewpan closely, and place it on the range at a low heat in order that the cutlets may stew gently in their own juice and that of the vegetables. If the meat is fine this part of the cooking will be effected in about half an hour, but if, on trying, the cutlets are not perfectly tender, they must stew longer. When done, lay them on a board, and flatten them with a wooden bat or spoon, then dip them in the yolk of an egg and bread crumbs. Fry in a little butter first on one side then on the other, until lightly browned. Have ready a purée of potatoes, made by rubbing a pound of boiled potatoes with a little of the vegetable stewed with the cutlets through a sieve. Put the purée into a stewpan with a gill of milk or cream, and pepper and salt to taste, and work over the fire until it is stiff. Pile it up in the centre of a small dish, place the cutlets round it, and having taken the fat off the gravy, rewarin, pour it round the dish, and serve immediately.

Irish Stew.

It is better and more economical for a family to make Irish stew of the scrags of mutton than of the best end of the neck. Two scrags of mutton, weighing together about four pounds, will make a dish sufficient for seven or eight persons. Divide the meat into convenient pieces for serving, put it on to simmer gently for two hours with sufficient water to cover it, salt, pepper, and four or five onions, or more if they are liked by the family. Take care that the mutton cooks very slowly; when it is

tender enough, strain away the gravy, and carefully remove every particle of fat; put a layer of sliced potatoes at the bottom of the saucepan, then the meat and onions, over this another layer of potatoes, about two pounds of which will suffice, then pour in the gravy, well seasoned with pepper and salt, cover the stewpan closely, and simmer the stew until the potatoes are properly cooked. Many people think that potatoes contain some poisonous quality which is drawn into the water in which they are cooked, and therefore prefer to boil them before adding them to the stew. By so doing, the fine flavour the potatoes should give to the stew is lost. The poisonous principle, solanin, is only present in a high percentage in the green, immature potatoes. The small quantity, and weak, in ripe potatoes, is rendered innocuous by cooking. It is indeed possible that being cooked with meat before the fat is removed from the gravy, the potatoes absorb too much grease and so become rich and indigestible, and that thus the idea of a poisonous principle has gained ground.

Breast of Mutton.

This part of mutton requires such good cooking to make it suitable for people who cannot eat much fat, that it is but little used except by working people who buy it for its cheapness. Perhaps the best way of cooking the breast for a hot dish is as follows:—Tie two breasts of mutton together, and boil them very gently in a quart of stock, or water well salted, with two onions, a carrot, and a sprig of thyme. When the meat is perfectly tender, draw out the bones, and press it between two dishes until cold. Then cut in pieces the size and shape of cutlets, dip them in dissolved butter and crumb them, then egg and crumb them again. Make a purée of turnips, or any vegetable you please, put in the centre of the dish, and place the cutlets round it. Serve with white sauce in a tureen. As a cold dish, the breast may be stewed as above, with the addition of peppercorns, cloves, and bay-leaf to the liquid. When cold after pressing, it should be trimmed and glazed.

Sheep's Head.

Get a perfectly fresh sheep's head, and having taken out the tongue and brains soak it in tepid water. With a blunt knife break off all the soft bones inside the head, and take care most thoroughly to cleanse it. Put it into a saucepan with enough water to cover it, and a tablespoonful of salt. To ensure perfect cleanliness, when it has boiled five minutes take the head out and pour away this water. Put the head on again to boil with two quarts of water, six onions, two turnips and carrots, and pepper and salt. Let it boil gently for three or four hours, or until so tender the meat will readily slip from the bones; having taken them all out carefully, place the meat of the head on a hot dish, and pour over it either a good onion, caper, or parsley sauce. Or take all the vegetables cooked with the head, rub them to a pulp through a sieve, have ready a little good butter sauce made with milk, nicely season it, mix with the purée, pour over the meat and serve. The broth is very good with the addition of a little celery and chopped parsley, and may be served either with or without vegetables cooked in it. The tongue and brains may be reserved for separate dishes.

Hashed Mutton.

First take the meat from the bone of a leg of mutton in as large and neat slices as the state of the joint will admit. Break the bone by striking it sharply in the middle with a knife, put it in a saucepan with a little fat, and fry until it becomes brown, take it out, and in the fat fry two sliced onions until they also are a golden brown, if allowed to burn they will make the gravy bitter. Put the fried bones and onions into the saucepan with a peeled turnip, four whole onions, and a quart of water. When the gravy has boiled for an hour and a half take out the bones, carefully remove every particle of fat from it; when this is done, put it back into the stewpan with the onions and meat, and pepper and salt to taste. Let the meat get hot very slowly in the gravy, and allow it to simmer for an hour, by which time it should be

perfectly tender without being ragged. Take off any fat there may be on the gravy, which thicken with a little flour mixed smooth in cold water. The gravy should now be sufficiently tasty, but any flavouring may be added. Mushroom catsup, Worcestershire sauce, or a few drops of vinegar from pickles may be used. Toasted or fried bread should be placed round the dish on which the hash is served. Many people make hash by merely allowing the meat to get hot in the gravy, and by this method it is usually hard and tasteless, whilst the onions, if any are used, are insufficiently cooked, and, consequently, are indigestible. It is impossible that the sinewy portion of the leg or shoulder can be tender, unless simmered for some length of time.

Lancashire Hot-Pot.

Six mutton chops (neck), four kidneys, one score of oysters, onions, and potatoes. Trim the chops so as not to have too much fat. Put in the bottom of the pot some chops, kidney, and oysters; cover it over with the onions and potato, and then fill up with layers of each ingredient alternately; put a good layer of potatoes on the top, nearly fill with water, salt to taste, a little flour sprinkled in the centre layer, put into a quick oven, and cook for three hours. This can be made cheaper by using scrag-end neck of mutton and beef kidney, and omitting the oysters.

Minced Mutton and Eggs.

Put your mutton, free from sinew or fat, through the mincing machine. Mix it with pepper, salt, a bit of butter, and a little nicely flavoured stock; put it on the fire in a pan to warm well, but not to boil. Have some very hot well-mashed potatoes ready, free from all lumps, and mixed with a little milk. Make a wall of these round the dish on which you are going to put your mutton. Poach three or four eggs, taking care they do not break. Put the mutton inside the potato wall, and place

the eggs neatly on the top of the mutton.

Carlton Cutlets.

Trim seven mutton or lamb cutlets. Divide meat of each and put between and at the top a layer of forcemeat. Cover each over with pig's or sheep's caul. Heat two ounces of butter, add twelve mushrooms, three shalots cut small, and the cutlets, and fry a few minutes. Pour off grease, but keep vegetables. Add a quarter of a pint port wine, half a pint brown sauce, pepper, salt, and a dash of nutmeg. Simmer in covered stewpan 20 minutes. Serve on mashed potatoes. Decorate with a macedoine of vegetables or strips of cooked mushroom, carrot, ham, gherkins, and truffles. For a rich brown sauce take one ounce and a half of butter, and smear stewpan with it, add, chopped fine, quarter of a pound of beef, two ounces of lean ham, and half a pint of stock. Boil till much reduced. Add a tablespoonful of glaze. Take the stewpan off the fire for five minutes. Return, and reduce to a thick glaze, then add eight mushrooms, one small carrot, one small onion, three eschalots, and a bouquet garnie, also one pint stock. Simmer for two hours, and strain into basin. Mix one ounce and a half of butter and one ounce and a half of flour together—i.e., roux in a clean saucepan. Take the fat off the stock, and pour over above and mix over the fire. Add one glass of sherry. Simmer till all grease is thrown up, then strain and serve. For the forcemeat pound enough fish, fowl, or veal, and one ounce of butter to fill half a large cupful. Add it to a large cupful of bread crumbs soaked in cream,

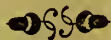
and the yolk and white beaten separately of one egg, pepper, salt. Roll into egg shape, and poach in stewpan of hot stock or water fourteen minutes, or put into buttered mould, and steam.

New Zealand Duck.

Take a breast of mutton, one pound of onions, a thick slice of bread, sage, pepper, and salt. Cut all the bone from the meat, fold the meat, get a needle and thread, sew the meat together into a shape like a bag. Peel the onions, chop them small, put them in a saucepan with a little water; boil five minutes, then strain them. Rub the slice of bread into fine crumbs, add to the onions, sage, salt, and pepper; mix well together, stuff the mutton with the mixture, and sew up the open space. Place it in a meat tin, sprinkle well with flour, half cover the meat with water. Put it into a hot oven and bake for one hour and a half, basting it with the liquid in the tin.

Poor Man's Goose.

Wash and dry one sheep's liver and heart. Cut into thin slices, and dip into one ounce of flour. Chop two boiled onions, cut half a pound of fat bacon into thin slices. Place all in layers sprinkled with one teaspoonful of powdered sage, and pepper, salt, in greased dish. Add one quarter of a pint of cold water. Cover the dish with greased paper. Bake in moderate oven an hour.



LAMB, VEAL, AND PORK.



CHAPTER VII.

Lamb.

The fore-quarter of lamb is generally considered the most desirable dish, especially when it is small and young. For a small family it is good economy to roast the shoulder and ribs separately, and even in hot weather the one or the other may be kept from day to day by carefully wiping it with a cloth dipped in vinegar. It is not now usual to put lemon juice on the ribs, after separating the shoulder from them at table; if this is done it is in the kitchen by the cook. The rules for roasting and boiling other meat apply to lamb. It requires, however, to be more quickly done, and some care and frequent basting is required to prevent the fat burning.

Stewed Leg of Lamb.

Choose a small leg of lamb, weighing about four pounds, and put it into a kettle which is just large enough for it, with two onions, a small carrot, an ounce of salt, a small teaspoonful of pepper, two cloves, a small bundle of sweet herbs, and a quart of stock; cover the stewpan closely, and let it simmer gently for two hours. It will be well to try the meat at the end of an hour and a half, and if it is then tender to cease stewing, and let it stand on a cool part of the range until wanted. Strain the gravy, take off the fat, and reduce to about a pint by boiling without the lid on the stewpan, pour it over the meat and serve. Boil a quarter of a pound of Italian paste in a quart of water slightly salted, until tender; most shapes take about ten minutes. Take care, when you throw in the paste, that the water boils, and that it continues to do so during all the time of cooking, as this will keep it from sticking together. Put this

by way of garnish round the dish on which you have placed the leg of lamb.

Shoulder of Lamb Stuffed.

This is a useful cold dish. Take out the blade-bone of the shoulder, leaving that of the knuckle. Make a stuffing of a quarter of a pound of fat pork, or of the back fat of bacon, taking care there is no lean. Let the fat be chopped fine, mix it with an equal quantity of fine bread-crumbs, a tablespoonful of chopped green parsley, a large pinch of thyme, a grate of lemon-peel and nutmeg, half a teaspoonful of salt and pepper, the whole to be made into a paste with egg. Put the stuffing between the folds of the meat, and fasten the shoulder up with skewers and twine into its natural shape. This must be roasted rather slowly or it will shrink. When done let the meat grow cold and remove the binding, then trim it neatly, glaze and ornament it either with vermicelli paste or lard piping. Have a frill of tissue paper cut very fine and put it round the knuckle.

Lamb Chops.

These chops are usually taken from the loin, egg-crumbed and fried. It is a good plan to have the loin and saw the chops off at home, as the butchers generally cut them too large. They should not be more than half an inch thick, and have the flap end neatly fastened round with a game skewer, which must be taken out when the chops are served. Gravy, vegetables, purée of any kind, and sauce piquante, are the usual accompaniments of lamb chops.

Veal.

Lean veal is never fine. An abundance

of firm white fat above the kidneys is an indication of prime quality. Small veal, that, for instance, of a calf less than five weeks old, is tasteless, and wanting in nutritive qualities. On the other hand, veal more than nine weeks old, is coarse and will eat hard. Like other meat, the tenderness of veal may be ascertained by pressure with the fingers; it should be quite soft and offer no resistance to the touch. Well fed veal is generally white, but sometimes fairly good meat has a slight tinge of pink, and need not be rejected on that account.

Fillet of Veal.

This is the thickest portion of the leg from which the bone is removed. The fillet can be of any thickness from four to ten pounds, and will require to be very well roasted; it will take from three to four hours, according to the size. Thoroughly wash and wipe the meat, put in the stuffing, securing it well under the flap, and if there seems any danger of this forcing itself out, fasten it with a piece of fine muslin and game skewers. Flour the meat and put it before a sharp fire for a quarter of an hour, then draw it back, roast at a moderate heat, basting very frequently. If when the meat is done it is not brown enough put it nearer the fire, carefully watching that it does not burn. When ready to send to table draw out the skewers, which may, if convenient, be replaced by one of silver, serve in the dish an ample quantity of gravy as thick as cream, with a little butter in it. The usual accompaniments of roast veal are either ham, bacon, or chap. It is usual also to send round cut lemon. To make the stuffing, scrape four ounces of suet, rub it into half a pound of bread-crumbs, grate the peel of half a fine lemon and about a quarter of a nutmeg, mince a dessertspoonful of parsley, a small teaspoonful of thyme, rather less of this if fresh gathered, half a teaspoonful of pepper and of salt. Mix all these ingredients into a smooth paste with egg, of which a large one will be sufficient for the above quantity. The great art of making this and other stuffings well is, that there is no strong flavour, nor one which

predominates over the other; care must, therefore, be taken to note the quality of the aromatic ingredients, and if they are strong to use them with caution.

Loin of Veal.

The loin can be roasted whole, the chump end is economical, and generally much liked. Get three to four pounds of this, remove all the bone you can, and cleverly insert the stuffing. Close it up as tightly as possible; if necessary bind it with tape, and fasten over a thin piece of muslin to keep in the stuffing. Roast it, basting frequently. Make the stuffing of two ounces of finely chopped suet and four of bread crumbs, a pinch of marjoram and thyme, a good quantity of chopped parsley, a grate of lemon peel and nutmeg, pepper and salt, and enough egg to make the whole into a paste.

Neck of Veal.

The neck of veal is a most useful joint. The chop end can either be roasted with the bones in, be rolled, or used for chops and cutlets. The scrag end is useful for stewing, pies, rissoles, making soup, and many other purposes.

Boiled Neck of Veal.

Take about three pounds of the best end of a neck of veal, with a sharp knife remove the bones, lay the meat flat, and sprinkle it over thickly with chopped parsley, sweet herbs, and pepper and salt. Lay over this very thin slices of fat bacon, and then roll up the meat, tying it into shape with broad tape. Rub over the outside of the meat with lard or bacon fat, a little pepper and salt and flour, and roast quickly for about an hour and a half, basting it very frequently. It must be beautifully brown on all sides. Make a gravy of the bones taken from the meat by frying them with a bacon bone or two, a quarter of a pound of gravy beef, and three onions; boil in a pint and a half of stock or water, and in about an hour add a sprig of

marjoram and thyme. When reduced to a pint strain and take off all the fat, thicken the gravy with very little flour, and let it boil until reduced to half a pint, if necessary add salt and a little pepper. When the meat is done place it in a dish before the fire, and baste it for ten minutes continually with some of the gravy. Then remove it on to the dish on which it is to go to table, and pour over the remainder of the gravy.

Shoulder of Veal.

This joint can either be roasted in its natural shape or be boned, which is best done by the butcher. A forcemeat, as for the fillet is used, and it is roasted in the same manner. For stewing, the shoulder is boned, strewn with sweet herbs, salt, pepper, and a little nutmeg. Thin slices of ham are laid on it, it is rolled up tightly, roasted—so as to brown the outside—for an hour, and then stewed in stock or gravy for six hours; it must be very slowly and carefully stewed, or it will be ragged. When done, the gravy should be cleared of fat and reduced, and, if necessary, be slightly thickened. It is usual to serve forcemeat balls as a garnish for this dish.

Stewed Knuckle of Veal.

Get a knuckle of fine veal weighing from six to seven pounds; let the butcher chop it just to turn up the lower part of the bone, so that it can be placed conveniently on the dish, but do not allow him to cleave it at the meat. Wash the knuckle in warm water, and put it into a large stewpan or the soup-pot, which answers well. Put a little butter or bacon fat in the pot, and let the meat fry in it, turning it about until it is brown on all sides; then put in a slice—about half a pound—of fat bacon cut in dice, a teaspoonful of salt, half a teaspoonful of pepper; cover the pot closely, and let the meat simmer for an hour to draw the juices. Do not open the pot during this time. Now turn the knuckle, and put in half a pound of sliced onions, and about the same quantity of carrots, and cover the pot

closely for another hour. There ought to be enough of its own juice to cook the knuckle; but if not, add a pint of stock or water, and simmer another hour—in all, three hours. It is, however, impossible to give the exact time, because the quality of the meat will vary, and it may take a little longer to become perfectly tender without being at all ragged. Drain away the gravy, and leave the meat and vegetables in the pot to keep hot, whilst you add to it a pint of cold water, and skim off all fat. This done, thicken the gravy with flour, taste that it is well seasoned, and put it in the stock-pot with the meat, and let all simmer together for a quarter of an hour. Place the knuckle on a large dish, strain the gravy over it, mince the vegetables cooked with it, and place neatly round it. Any vegetables that are in season may be cooked separately, tossed in butter, and added by way of garnish.

Veal Cutlets.

These are usually taken from the leg, and if this is tender answers very well. These cutlets are generally cut too thick; they then take a long time to cook, and are not nearly so nice as when thin. The third of an inch is fully as thick as cutlets should be. The most tender cutlets are to be had from the neck. Take the chop end, cut away the meat from the bones in one piece, then divide it into neat cutlets the third of an inch thick; take away all skin and gristle, and dip them in egg and bread-crumbs flavoured with pepper and salt. Fry them in a little butter, first on one side, then on the other, until a nice brown.

Veal Cutlets with Ham.

Cut the meat from the bones of the best part of a neck of veal, divide it into cutlets three-quarters of an inch thick, fry them in a little butter, just to brown them slightly, then simmer them until perfectly tender in good white gravy, well flavoured with onion, or, if allowed, a very little garlic. When they are done, take them up and skim the gravy; let it boil down to

a small quantity. Trim some slices of lean ham to the size of cutlets, fry them in butter until done, dish the veal up in a circle, a slice of ham between each piece. Strain the sauce into the centre of the dish. The gravy for this dish should be made of the bones of the neck from which the cutlets have been taken.

Calf's Head.

Procure the whole or half of a calf's head; let it soak in cold water, with a spoonful of vinegar and a little salt, for two hours. Remove the brain and tongue, put the head on with sufficient water to cover it, and a tablespoonful of salt; when it has boiled ten minutes, pour away the liquor, and again cover the head with water. Add two onions with a clove stuck in each, a small bundle of parsley with a sprig of thyme tied up with it, a tablespoonful of salt. Let all boil gently for two hours, or until the meat is sufficiently tender to slip from the bones. Having removed them, lay the head on its dish, and cover either with rich brown gravy or white sauce. After the tongue—which can be boiled with the head—is skinned, cut it in small pieces and lay it on a separate dish; place round it in little heaps, alternately with neat rolls of toasted bacon, the brains, prepared as follows:—Boil the brains very fast in a little of the liquor in which the head is cooked; when quite firm, chop them up, and put them into a stewpan with an ounce of butter, a pinch of salt and pepper, and a dessertspoonful of minced sage. Stir over the fire until the butter is dissolved, then sprinkle in a dessertspoonful of flour; again stir for five minutes, and serve.

Veal Rissoles.

By this recipe the veal left from making soup, or any cold joint, can be used up. Take the meat from the bone, mince it finely, add a quarter of its weight in boiled bacon or pork, and the same of bread crumbs, a little minced parsley, a few drops of essence

of anchovy, and pepper and salt to taste; mix all together into a stiff paste with beaten egg. Flour your hands, and roll the mixture into the shape of corks or small eggs. Dip them into egg, then into bread crumbs, and fry.

Sweetbreads.

Procure a very fresh calf's sweetbread and steep two hours in cold water. Change water once. Put sweetbread into boiling water five minutes, and into cold fifteen minutes. Cut off skin and fat. Drain. Boil it very slowly for eight minutes. When nearly cold, lard with fat bacon. Place in Dutch oven before the fire for about an hour, basting and turning frequently. Dish up with gravy.

Liver and Bacon.

Take care to have the liver fresh, and do not cut it up until ready to use it; then divide it into neat slices, dip each in flour highly seasoned with pepper and salt. Cut the bacon into thin rashers (the fatter it is the better), melt a bit of butter or other fat in a saucepan, place the liver on this, keeping the slices as close together as you can; shred an onion very fine, sprinkle it over the liver, then put in the bacon, and cover the saucepan closely; put it on the hob, and let it stand cooking as slowly as possible for an hour. Be sure the liver does not boil or fry, as then it will be hard. When done, put the liver on the dish for serving, boil up the bacon in the gravy quickly for a minute, which thicken with flour and water, season to taste, and pour it over the liver.

Fried Liver and Bacon.

Fry the bacon first, then cook the liver very slowly in the fat which comes from it. Make a little gravy with stock or flour and water in the pan, when all the liver is fried, and pour it round the dish. The liver should be cut in slices not more than the third of an inch thick.

Minced Veal.

Cut the meat from the bone, free it from all skin and gristle, and mince finely. Put it into gravy made from the bones and trimmings, well seasoned with pepper and salt, and if not disliked, flavour with onion. Let it get hot very slowly, then stir in a little flour mixed smooth in milk or cream, add a grate of lemon peel and nutmeg, and let it thicken over the fire for five minutes without boiling. Serve with toasted or fried bread and little rolls or neat rashers of bacon. Sprigs of fried parsley are a pleasant addition.

Veal Cake.

Stew three pounds of the best end of a breast of veal until the bones will come out; cut it into neat pieces, and arrange them in layers in a mould or basin with slices of uncooked ham, hard-boiled eggs, parsley, and two or three boned and minced anchovies. Over each layer of veal sprinkle cayenne pepper, salt, and a very little nutmeg. Pour the gravy in which the veal was stewed gently into the mould until it is full; cover it with a plate, and put in a very slow oven for two hours. Let it get cold, then turn it out on to a dish, and garnish with beetroot and watercress.

Pork.

Great care is necessary in choosing pork. In the London market it is sometimes difficult to get fine full-grown meat, the butchers preferring to sell what they call "dairy pork." Unless of a very fine quality and well fed, this class of meat is greasy and indigestible, and is also wasteful. Pork known as hog-meat is for every reason to be preferred. It is prepared for towns at the farms, the fat being removed, and only the prime joints sent to the butchers. These have fine white fat, the lean being a clear pinkish white, well veined with delicate streaks of fat, and on a slight pressure with the finger yielding a deep indentation. The foreloin of pork, the blade bone having been removed, is the most profitable for family use; and it

is an economy to buy the whole, using the best end for roasting, the chump for sausages, forcemeat, or curries. The flavour of sage and onions with pork is objectionable to some persons, but minced shalot with sage is generally acceptable, because milder and more digestible. With two tablespoonfuls of dried and sifted sage mix one teaspoonful of finely-minced shalot, two teaspoonfuls of salt, and one of black pepper; put some of the mixture between each of the bones, and rub a little on the outside of the meat. Do this, if possible, the day before cooking it. Pork requires to be well done and to be roasted quickly.

Pickled Pork.

This can either be cured with salt and little saltpetre and baysalt, or with the addition of sugar and pepper. It is usually considered best with salt only. A leg of pork weighing from eight to ten pounds will require a pound of salt, an ounce of pounded saltpetre, and two ounces of baysalt. Turn the meat every day in the pickle, always rubbing well with the hand. About ten days will be sufficient to cure a leg of pork, and fat pieces about fourteen days. When ready to cook, wash the meat well, put it on in cold water, and let it come slowly to boiling point, then skim the fat and boil slowly twenty minutes to the pound. It is important that pork should be thoroughly well done, and fat pieces may be boiled fast. Pease-pudding or mashed parsnips are excellent accompaniments to boiled pork.

Pork Cutlets.

Cut them from a loin of small well-fed pork. The best plan is to take the meat in one piece from the bones, and then divide it into cutlets. Trim away nearly all the fat, and let the cutlets be about half-an-inch thick. Save the kidney for a breakfast dish, but use the under fillets as cutlets. Take all the bones and skin, with any bits of bacon and ham you may have, fry them brown with two sliced onions, and

put them on to boil for two hours in only enough water to cover them, the object being to make the gravy strong. Strain it and get it cold in order to remove the fat. This done, put it on to boil down with a little isinglass or gelatine, and enough browning to give it a good colour. Fry the cutlets gently in butter until done and nicely brown, brush them over with this glaze, arrange neatly on a dish, and put round them some tomato sauce, which can be made from tomato compote, to be had at all Italian warehouses. In order not to waste any, put the compote into an earthenware jar with a little of the pork glaze, set it in a saucepan of water, and so let it get hot.

Brawn.

Remove the tongue and brains from a pig's head, and lay all in salt for one day. Drain away the salt and put fresh, taking care that the head is well covered with it, and especially about the eyes and ears. In three days' time add to the brine a tablespoonful of allspice, black pepper, and crushed saltpetre. Turn the head well about in the pickle for three or four days more, when it will be sufficiently salted to make the brawn. Boil the head and the tongue until tender, then take the meat from the bones, and cut it up as hot as you can. The brains should be tied in muslin and be boiled for half-an-hour only. Break them up and mix with the meat of the head; season the whole with black pepper and allspice, and if necessary add salt. Cut up the tongue after skinning it, in large pieces, and mix it evenly with the meat. Have ready a collaring tin, put in the brawn, set a weight on the top and allow it to stand until the next day. Modern brawn moulds effect the necessary pressure by a regulating screw, and are a great improvement on the old method. Excellent brawn may be made economically by using only the eye-pieces, ears, tongues, and brains, of two heads, reserving the cheeks for chaps. The butcher will, if directed to do so, divide the heads in this manner.

Yorkshire Brawn.

Take a pig's head and feet, thoroughly cleanse them, cut the head and ears up, put them into a stewpan, cover with water, and add a teaspoonful of salt, a good pinch of pepper and chopped sage. Place it on the fire until it boils, then simmer gently until all the meat is off the bones. Take it up and chop it in a hot basin, add all the liquor in which the meat has been boiled, stir up well and put into earthenware jelly moulds. This is very good, but will not keep long in warm weather. The American dish, Scrap-pel, is a variation of the above, a portion of which might be tried as follows:—When the brawn is prepared ready for moulds, add a little more seasoning for scrappel, and if liked, a little sage, put the brawn in a stewpan, and when it boils stir in sufficient new white Indian corn meal to make it thick; stir over the fire for ten minutes, pour the scrappel into dishes, smooth over with a knife, and when set cut it in neat slices, fry brown and serve hot.

Mock Brawn.

Get a fine sheep's head, thoroughly clean it and boil it for five minutes in salt and water. Then put into fresh water with a pound of pickled pork, and boil both until very well done; the addition of pig's feet, or a little rind of pork cooked all together is a great improvement. When done carefully take the meat from the head, cut it up with the pork, mix with the brains and tongue, and finish as directed for brawn.

Pig's Feet.

If possible get the feet of large bacon pigs, as they make a much better dish than those of small ones. Boil them very gently for ten or twelve hours, or until the bones will slip out easily. If boiled fast the meat of the feet will be hard and broken, whereas if properly boiled they will retain their

shape and eat as tender as chicken. If the feet have been salted, let them soak for two or three hours before putting them on to boil in cold water, with an onion, bay-leaf, and two cloves, and if the feet are fresh, as they should be, with a little salt. When done, divide each down the middle, draw out the long bones, and let the feet get cold. Dip each piece in dissolved butter, and then in very fine dry sifted bread-crumbs. Put them on a gridiron over a slow fire, and let them cook until hot through and the crumbs are nicely browned, they will, of course, require to be turned occasionally. Serve cold. This is the French manner of preparing pig's feet, and is much superior to that which prevails in this country, and, as will be seen, it is the time and trouble given to the preparation of the dish which converts it from a very humble and indigestible into an elegant and perfectly wholesome one.

Broiled Bacon.

The best part of bacon for toasting or broiling is that known as the "streaky," and it is best toasted before a clear fire. The slices of bacon should be cut less than a quarter of an inch in thickness, be divided into convenient lengths, and have the rind removed. To have broiled bacon in perfection it must be very slowly cooked, rapid cooking hardens the bacon and renders it most indigestible. It is a common practice with cooks to put slices of bacon into the frying-pan and frizzle them rapidly over the fire, but such a practice is greatly to be condemned. Bacon cannot be fried so as to be good for human food, but it can be most successfully cooked slowly in the frying-pan, or, to use the French term, be *haute*. The idea that bacon is so fat in itself that it does not require other fat in which to cook it is erroneous, a small quantity of butter, bacon fat, or lard, is absolutely necessary. When the fat is hot, put the slices of bacon in the frying-pan, which hold over a very slow fire. Turn the bacon repeatedly, taking care there is no sound of frying, but only a gentle movement of the fat. To cook bacon properly in the frying-pan, allow from ten to twelve minutes, and do not let it become the least brown.

Boiled Bacon and Ham.

To boil good mild bacon or ham, put it, after having well washed and scraped it, into hot water, skim, and allow it to boil gently until done. The time depends on the quality. About half an hour to the pound is usually allowed. When done take the pot off the fire, put a cloth under the lid to keep in the steam, and allow the bacon to get cool in the liquor. Remove the skin, and either at once sift raspings over the top, or let the bacon cool and glaze it. An inexpensive glaze may be made by dissolving an ounce of shredded gelatine in half-a-gill of boiling water, and then adding enough colouring to make it a rich brown. Brush over the ham or bacon with this glaze, and, if liked, ornament it with Italian paste stars. Throw the fancy paste into boiling water, and let it boil rapidly for two minutes, then drain it, take each star on the point of a skewer and drop it on the glaze before it is set. The stars can, if preferred, be used for decorating without boiling it.

Pork Sausages.

When a pig is cut up in the country, sausages are usually made of the trimmings, but when the meat has to be bought, the chump end of a fore-loin will be found to answer best. The fat should be nearly in equal proportion to the lean, but of course this matter must be arranged to suit the taste of those who will eat the sausages. If young pork is used, remove the skin as thinly as you can (it is useful for various purposes), and then with a sharp knife cut all the flesh from the bones, take away all sinews and gristle, and cut the fat and lean into strips. Some mincing machines require the meat longer than others. To each pound of meat put half-a-gill of gravy made from the bones, or water will do, then mix equally with it two ounces of bread crumbs, a large teaspoonful of salt, and a small one of black pepper and of dried sage. This seasoning should be well mixed with the bread, as the meat will then be flavoured properly throughout the mass. Arrange the skin on the filler, tie it at the end, put

the meat, a little at a time, into the hopper, turn the handle of the machine briskly, and take care the skin is only lightly filled. When the sausages are made, tie the skin at the other end, pinch them into shape, and then loop them by passing one through another, giving a twist to each as you do them. Fifteen to twenty minutes should be allowed for frying sausages, and when done they should be nicely browned. A little lard or butter is best for frying, and some pieces of light bread may be fried in it when the sausages are done, and placed round the dish by way of garnish. Sausage skins, especially if preserved, should be well soaked before using, or they may make the sausages too salt. It is a good plan to put the skin on the water-tap and allow the water to run through it, as thus it will be well washed on the inside.

Veal and Ham Sausages.

It will be necessary to have cutlet or the best end of the neck for veal sausages. To each pound of veal use half a pound of ham or bacon, about three ounces lean and five ounces fat. Season with a small teaspoonful of pepper, be careful not to use too much salt, as the ham may give almost enough; in any case a very small teaspoonful will suffice. Moisten the meat with water, or with gravy made from the trimmings of veal and ham, and proceed as for pork sausages. An ounce of bread to the pound of meat can be used if desired.

Bath Polonies.

Mince pork as for sausages, season it with coriander, allspice, long pepper, pepper and salt. Bullocks' skins must be used, and must not be filled too tightly. Put the polonies into warm water, with a little red saunders to colour the skins, let them get hot very gradually, and as soon as the water is approaching boiling point reduce the heat, because if the polonies boil the skin will burst. About half an hour will cook them in the hot water, and when done, they will look firm and plump.

Pork Steak Stuffed.

Take two or three pounds of pork steak, put over it a handful of salt, let it lie five days, rubbing every day. Make a forcemeat of chopped onion, thyme, and parsley, a few breadcrumbs, pepper, and salt. Bind with one small egg; wipe the pork with a warm cloth; spread the mixture on it, roll up, put a skewer through it, and tie in a cloth. Boil an hour and a half. Very good for breakfast or supper.

Sausage Fritters.

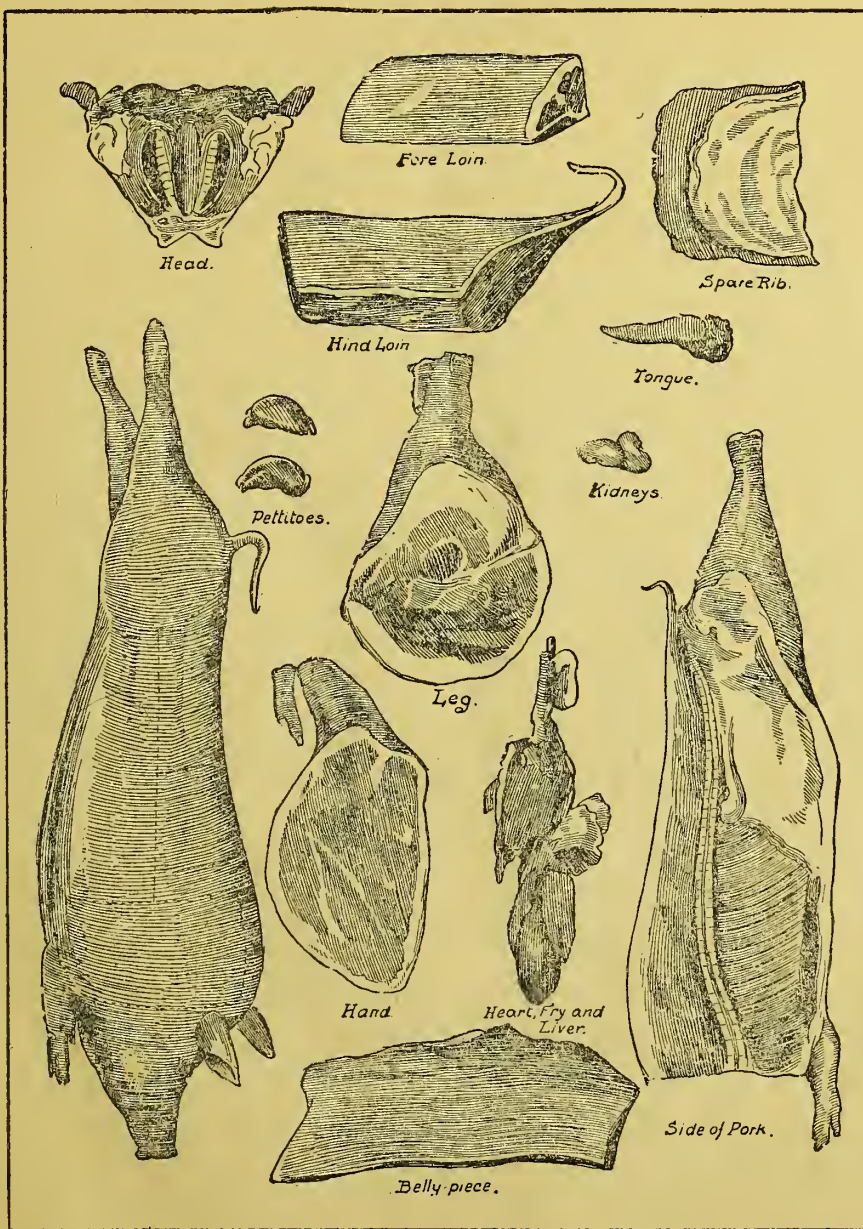
Half a pound of sausages will make a nice dish of fritters as follows:—First make a very thick batter with milk and flour, beat up one egg, and mix in. Skin the sausages, well flour your hands, and roll the sausage meat into little pieces as big as a walnut, which can then be flattened to about the size of a penny. These must be dried in flour, then dipped into the very thick batter, and dropped into boiling fat, and fried a nice golden brown. It is wonderful what a number of fritters can be made in this way, and how nice they are.

Lard.

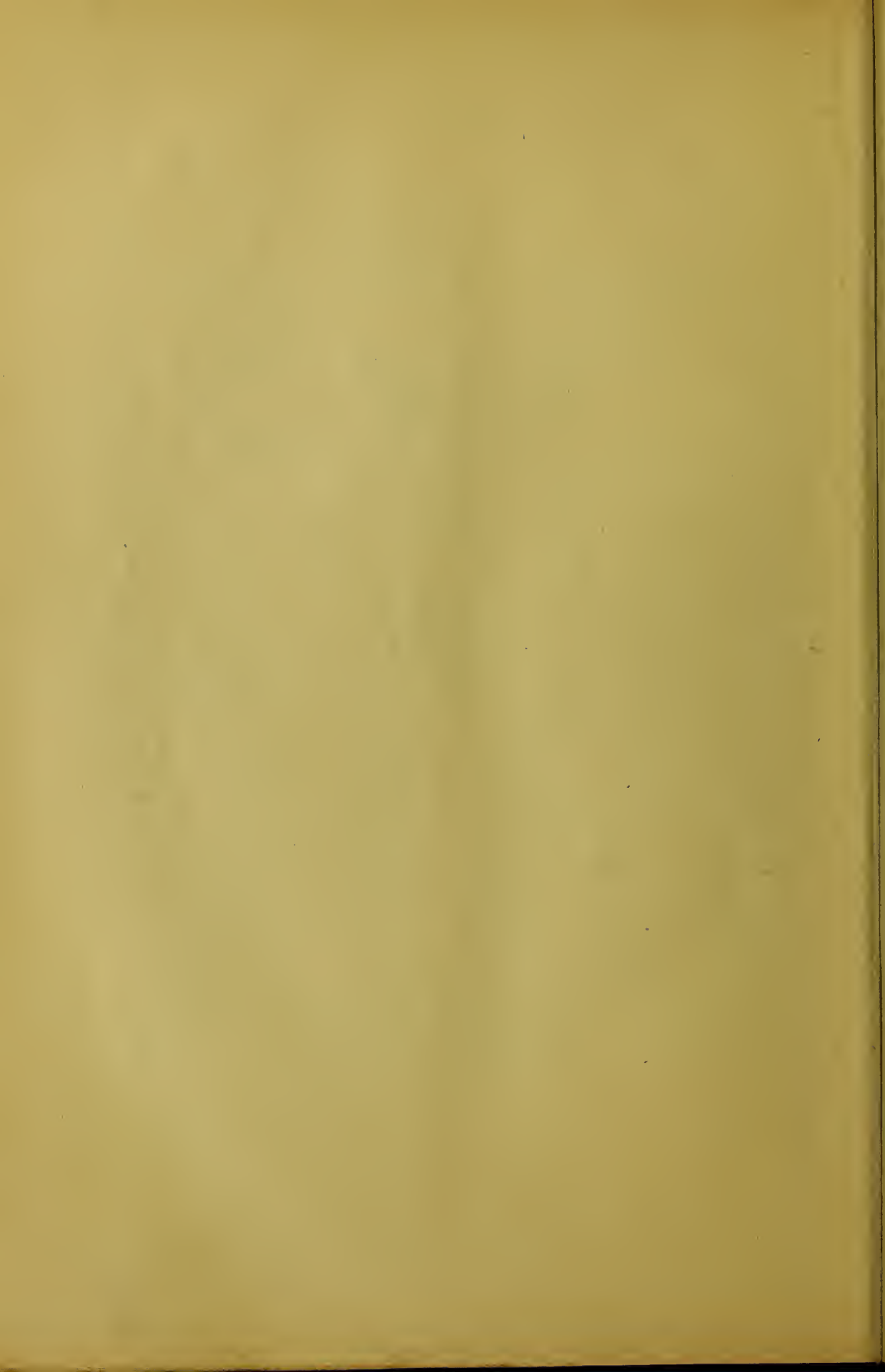
The best lard is made from what is called the leaf or flead of small pigs. Cut it up into small pieces, the smaller it is the quicker it melts. Put it into a perfectly clean skillet or stewpan, and let the fat draw out over a slow fire. Drain it away as it melts, and put it either in bladders or earthenware jars. Lard can be made from any fat of pork by the same method as that for the leaf.

Pork Pies.

Take one pound and a half of flour to half a pound of lard and three-quarters of a pint of water. Boil the water and lard together, pour the water while boiling on to the flour,



THE JOINTS OF PORK.



having previously made a well in it. Gradually mix it, adding pepper and salt, and let it stand by the fire. Take some pork with a little fat, cut into small squares, or preferably the meat should be minced, season with a little mace and some finely shredded sage. Roll the pastry to the size you wish,

then fill the paste with the seasoned pork, put on the lid, decorate with leaves of pastry. Bake in a slow oven for about two hours. When cold make a slit in the top and pour in a little gravy made from the trimmings of the pork.

POULTRY AND GAME.

CHAPTER VIII.

Roasted poultry and game in England are too often very dry. The reason of this generally is that basting has not been attended to. An excellent plan for preventing this dryness, is to have fat hot in the dripping-pan, and to pass the bird through it before putting it down to the fire. It is by many persons considered extravagant to fasten a thick slice of bacon over the breast whilst roasting, but we fail to see how this can be the case if it assists in keeping the nourishment and savour in the fowl or other bird. It is always better and more economical to cook these things in such a manner that their natural flavour is heightened rather than diminished, as it must be, for instance, by boiling in plain water. Plainly boiled turkey or fowls are, however, sometimes required for persons who object to any flavouring, or who desire to have them kept very white; but the fact that with such dishes salted meat such as ham, bacon, or tongue is required, proves that they are insipid in themselves. The art of dressing and trussing poultry and game cannot be learned properly from a book. It is important that all cooks should understand this art, and that whenever possible, the dressing of poultry should be done at home. For a trifling payment to the poulterer's man, a lesson may be had; but usually, as it is perfectly simple and easy, cooks will show one another how to get over any little point of difficulty.

Roast Turkey.

Fill the crop with sausage or forcemeat, or veal stuffing. Put a sheet of buttered paper over the breast and place the turkey at a little distance from a good fire, in order that it may get hot through gradually. Baste very frequently, and a quarter of an hour before it is done remove the paper from the breast, and let it get a nice even brown. It is a good plan, if butter is not used in the basting, to lay it before the fire at last and froth up with a little of it. Serve either with fried sausage balls, ham, or tongue, gravy, and bread sauce.

Boiled Turkey or Fowl.

The secret of keeping poultry white in boiling lies in well skimming the pot. Some cooks wrap the birds in a cloth, but this is not really necessary if the precaution of skimming is carefully observed. Put the turkey into sufficient hot water—if there is no objection, with a little salt—to cover it, let it boil up gradually, and the moment it boils, remove every particle of scum. Watch from time to time, and if any more rises take it off. A small turkey will take an hour and a half; a fowl one hour; and a chicken three-quarters of an hour slowly simmering. When done, dish the turkey or fowl, and pour over it a little of whatever sauce may be served with it.

Fillets of Turkey.

Cut the meat from the bones of dressed turkey legs, cutlet wise, in slices about an inch thick. Work into a paste a teaspoonful of chutney, two of dissolved butter, one of anchovy sauce, a grain of cayenne pepper, and a pinch of salt. Spread this over the slices of turkey, then wrap each in a cover of white buttered paper, and place them on a gridiron over a clear fire. Move them frequently so that the paper does not scorch, and in about a quarter of an hour they will be done. Take them out of the papers and serve on a hot dish.

Roast Chicken.

There is nothing which requires more careful roasting than a chicken, and nothing which is so disagreeable when sodden with dripping or other strong fats. English housewives are so chary of using butter that one hesitates to say that it is the proper thing with which to baste chickens, and it is the only fat used in France for this purpose. A pound of butter is a liberal allowance for basting a pair of chickens, and as, if carefully put away, it will serve many times, it is not, after all, a serious extravagance. It is a good plan to put a piece of butter the size of a walnut, mixed with pepper, salt, and, if liked, a grate of nutmeg, in the bodies of the chickens, as it assists in keeping them moist. Stuffing the crop has also the same effect. Three-quarters of an hour is about the time for roasting a large chicken. When placed on their dish, pour round the chickens a little good gravy made of beef and the giblets, on the breast of each place a sprig of well-dried watercress, and round the dish a border of it.

There is perhaps no more delicious and generally acceptable accompaniment to roast chicken than tomato salad. The garlic in the recipe can be omitted, of course, but if cooks will prepare this by infusing it in spirits of wine, and using the smallest drop, or even half a drop, it will not be objected to.

Fricassee of Fowl.

Stew the fowl until tender, either in white veal stock or water salted; when done, cut it into joints and put it into the following sauce:—Boil an onion, a sprig or two of thyme, and a small piece of lemon peel in a pint of milk until reduced to half-a-pint. Strain it, let it boil up, and thicken with a little flour and potato flour, add salt and cayenne pepper to taste; put in the joints of the chicken, let them simmer very gently in the sauce for a quarter of an hour. Serve with rolls of bacon round the dish. The above is for a plain fricassee. To make a richer, take the back of the fowl after it is stewed, with a few button mushrooms and a pint of the liquor, and boil until reduced to half-a-pint. Add this gravy to a gill of cream prepared like the milk in the first recipe, thicken and finish in the same way. Many cooks cut up the chicken for fricassee before stewing it, but we find the flesh less dry and less apt to shrink when cooked whole. Cold boiled or roast fowl can be used to make a fricassee.

Broiled Chicken.

For this purpose a chicken should be small and young; if otherwise it must be parboiled before broiling. Split the chicken in half and brush over with dissolved butter, and during the cooking occasionally baste with it. Place the chicken, bones to the fire, on the gridiron, and let it remain slowly cooking for twenty minutes, then turn the meat side to the fire, taking care it does not stick to the gridiron, or the skin burn in the least; let it remain ten minutes, then again turn and baste it cleverly with a bit of butter tied in muslin, as thus you can put it equally on the chicken without waste, lightly pepper and salt it, and when it has remained another five minutes (in all thirty-five minutes), serve it very hot.

Fried Chicken.

Prepare it as for broiling. Put two ounces of butter into a stewpan, and when it is hot put in the chicken, which fry until a delicate brown, then sprinkle it with pepper and salt, put on the lid of the stewpan and let it stand at a moderate heat until thoroughly done, as it should be in about half an hour. It is very convenient to cook the legs only of chickens in this way, or by broiling, and they eat better than any other part of the fowl, whilst the white meat serves better for other dishes. If appearance is not considered, a fowl can as well be roasted or boiled without as with the legs, and it is a great economy to use them for a separate dish.

Broiled or Devilled Chicken Legs.

For this dish use the legs of either roasted or boiled chicken. Take the skin off the legs with a sharp knife, score the flesh on both sides of the bone. Mix a small teaspoonful of salt and half a teaspoonful of pepper, adding a little cayenne if the broil is required to be hot, with half an ounce of dissolved butter, stir in half a teaspoonful of essence of anchovy, spread this mixture over the chicken legs, getting in between the scoring as well as you can. Lay the legs on a gridiron over a slow fire, turning them every minute for ten or twelve minutes. Serve either with toasted bacon, pouring any fat which has run from it over the chicken, or a little dissolved butter. Chicken legs may also be broiled without using the piquant paste, and in this case should be scored, dipped in bacon fat or butter, and sprinkled with pepper and salt. If properly cooked, broiled chicken will not be the least hardened on the outside, nor will it be in any degree blackened.

Chicken Jelly (Invalid).

Put the chicken into a cloth and beat bones and flesh a good deal. Place in a covered jar, and fill with cold water. Saltspoonful of

salt. Remove the jar into a saucepan cold water, and boil water for two hours. Strain through a colander first and then through a coarse cloth. Take off any fat that has risen up.

Roast Goose.

Proceed as for duck, using double the quantity of sage and onions.

Roast Duck.

Mince two ounces of onion for each duck, put them in a stewpan with an ounce of butter, cover closely, and let them cook gently without taking the least colour until they are tender, then mix them with two teaspoonfuls of fresh sage, dried quickly on the hot plate and rubbed to a fine powder through a sieve, and season with black pepper and salt. Put this stuffing in the bodies of the ducks some hours before roasting them, and let them lie breast downwards. Roast for forty to forty-five minutes, basting frequently and browning the birds equally. The gravy for ducks should be made of the giblets, and if household stock is at hand will be very good with the addition of beef. Fry the giblets nicely, for each set allow two large onions, also fried, and a small bundle of sweet herbs, and boil for two hours. Strain, allow the gravy to cool, remove all fat, season to taste, and let it again boil up. If liked, thicken slightly with potato flour. Gravy, unless in a small quantity by way of garnish, should not be put upon the dish with game or poultry of any kind, as it is apt to cause inconvenience to the carver, and enough of it cannot be given with each serving. The liver of the duck, after it has been lightly cooked, can be minced and added to the seasoning, and is a good addition to it.

Roast Wild Duck.

The duck must be roasted quickly, basted frequently with butter, and when nearly

ready be lightly dredged with flour. It must be sent to table somewhat underdone, but at the same time very hot, with a rich brown gravy in the dish. Serve in a boat two glasses of port wine made hot, the juice of a lemon, a few drops of chili vinegar, and a pinch of salt added to it. Many persons like to prepare this sauce at table, but it is a mistake to attempt it unless you have a proper silver dish and a spirit burner.

Hashed Wild Duck.

There are two important matters to be observed in making a salmi or hash: the first, that the gravy shall be rich and appropriate, well flavoured with the game of which it is made, and thick, but not as English cooks are fond of thickening, with uncooked flour; the second that the game shall be made hot through, but not boiled or even simmered. In the case of a salmi of wild duck, overdone, it is utterly spoiled. Lightly roast two wild ducks, let them get cold, cut them up into joints, skin them, reserve all the best pieces for the salmi, and use the other portion with the skin for the gravy. Put the trimmings of the duck into a stewpan with a pint of beef gravy, half a pint of Bordeaux wine, three onions fried to a golden colour, a small bundle of sweet herbs, four peppercorns, two cloves, two shallots, a lump of sugar, and a pinch of salt. Boil gently for two hours until reduced to a pint; having taken off the fat let the gravy boil up, and then mix gradually with it an ounce of butter and an ounce of flour that have previously been well worked together over the fire into a smooth paste. Set the stewpan without the lid over a sharp fire, and let the gravy boil until reduced to half a pint, then put in the pieces of duck; let them get hot through, and serve with fried bread round the dish.

necessary in the case of game. The best way of preventing dryness is to lard it. The flesh being so tender, a difficulty is sometimes found in getting a larding needle through the flesh without breaking it. If, however, the breast of the bird is dipped in boiling water this difficulty will be obviated. If the bird is not larded the crop must be filled with good veal stuffing. Tie a thick slice of bacon over the breast, baste continually. Remove the bacon when the pheasant is nearly done, and let the skin get brown. Serve with rich gravy, bread sauce, and fried crumbs. The custom of putting in the tail feathers when the pheasant is sent to table is not now generally followed.

Braised Pheasants.

Save all the giblets of two well hung pheasants, fry them in butter with half a pound of gravy meat, a few bacon bones, and two onions. When all are nicely browned put them into a stewpan with a quart of good stock; if you have any remains of game put them in. Let it boil until reduced to a pint. Then put in the pheasants trussed like pigeons, with a sprig of thyme and marjoram, and let them simmer gently for an hour, or until perfectly tender. Take up the birds; keep them hot whilst you reduce the gravy after straining by boiling it up sharply in a stewpan without the lid. Brush over the breasts of pheasants with good glaze, pour the gravy round them and serve. Birds that are not very young may be cooked to advantage in this way, but they must be simmered nearly double the time required for those in fine condition. Really old pheasants should be consigned to the stock-pot.

Roast Pheasant.

If care is required to prevent poultry getting dry in roasting, it is more especially

Partridges.

These birds are not usually either stuffed or larded, though it is difficult to see why they should not have the advantage of these

additions. To assist in keeping them from getting dry in roasting, and to heighten the flavour, put into the body of each a piece of butter the size of a walnut, mixed with a little pepper, salt, and a very small pinch of nutmeg. Roast for twenty minutes, basting continually. Serve with gravy and fried crumbs.

Grouse.

Put a bit of butter mixed with salt and pepper inside the birds, tie bacon over the breast, remove it in about twenty minutes, baste constantly. Roast for half an hour. Serve with rich gravy, if possible flavoured with the giblets or game, and fried crumbs.

Ptarmigan.

The same as grouse, but not, as a rule, cooked quite so much. Care must be taken to keep them from getting dry in roasting.

Pigeons.

Can either be roasted like small game, or stewed, which is perhaps the best and most convenient way of cooking them. To most tastes, pigeons are best stewed in good gravy, but some people like white or Bordeaux wine in it. When done, the birds are much improved by being basted before the fire for a few minutes with butter, sprinkled over with crumbs and browned.

Fried Pigeons.

Split up the back and flatten out, but do not divide them. Brush them over with dissolved butter, sprinkle with pepper and salt and lay them on the gridiron, bones downwards, for fifteen minutes, over a very slow fire, basting the upper side every five minutes, and once more sprinkling pepper and salt over. Turn the pigeons the meat side to the fire, and let them cook very slowly until done, which should be in about

fifteen minutes more. Serve on a very hot dish with a little dissolved butter poured over the birds.

Stewed Pigeons.

Cut the pigeons in half lengthways. Put into a stewpan one ounce of butter (let it get hot), lay the pigeons in it, and fry brown both sides. Take them out, then fry a little onion and thyme; when done lay the pigeons back into the stewpan, cover with good brown stock, or gravy; stew gently for an hour, dish the pigeons on a layer of mashed potatoes, thicken the gravy, and pour round. Serve very hot.

Roast Hare.

Make a rich stuffing of equal quantities of sifted bread-crumbs and beef-suet chopped very fine. To half a pound of each of these ingredients put a dessert-spoonful of chopped parsley, a small teaspoonful of dried sweet-herbs, the grated rind of half a lemon, a pinch of black pepper and nutmeg, and half a teaspoonful of salt. Mix together with egg and sufficient port wine to make into a smooth compact paste. The hare being skinned, emptied, and trussed, put the stuffing into the body and sew it up tightly. Fasten over the back of the hare with twine slices of fat bacon half an inch thick. Hang before the fire and baste frequently with hot fat. It will take about an hour. When nearly done, remove the bacon from the back, and drain all the fat from the pan. Tie two ounces of butter in a piece of muslin, and as the hare lies before the fire, pass the butter over it again and again, until it becomes nicely browned and frothed; or it may be basted with butter. Pour round the dish the gravy that may be in the pan, as some epicures prefer this; others like a good beef gravy flavoured with port wine. As tastes vary so much, it is best to have a boat of good plain beef gravy, and another of liver sauce, made as follows:—

Take the liver, heart, and kidneys of the hare, fry in butter until brown, then boil

in a quarter of a pint of strong gravy with an onion. When the liver is tender, break it up and rub it through a fine sieve, or pound it in a mortar; strain the gravy on to it, and when it has boiled up together add a glass of port wine and currant jelly to taste, with sufficient cayenne to bake it rather hot. When the hare has been properly basted, the bacon used to cover the back will not have become unfit for use. It will serve for making stuffing, as an addition to rissoles, or will be very good eaten cold.

Boiled Rabbit.

When the rabbit is skinned and trussed, let it lie in cold water for half an hour. Put it on to boil in hot water, let it come slowly to the boil, skim the pot thoroughly, and simmer gently for three-quarters of an hour. It is usual to boil bacon or pickled pork with rabbit, and unless it is necessary to preserve the colour, it is a great improvement to do so. Onions, if not objected to, should also be cooked with it. Boil the pork or bacon for half an hour, then throw in a little cold water into the kettle, to reduce the heat, and put in the rabbit. Serve with onions or white sauce.

Chicken or Veal Patties.

Line some greased patty pans with good puff pastry, and into each put a small quantity of chicken or veal, cooked bacon, all minced, and seasoned with grated lemon, a tiny piece pounded mace, a little minced parsley, and salt and pepper, and just moistened with stock. Brush the edges of pastry with egg, and place on it a round of pastry as a lid. Make a hole in the centre with a knife, brush over with yolk of egg. Bake in oven on a tin. When baked add to patties through hole a little rich hot stock, using a funnel for the purpose. Oysters may be served in the same way.

Rabbit with Aspic.

This is a very tasty dish which can be eaten cold for supper. Clean a rabbit and cut the meat off the bones, laying them aside with the head. Split a calf's foot in four, cover with water, boil for five minutes, then add the bones, some finely chopped onions and carrots, parsley, thyme, bay leaf, cloves. Season with pepper and salt. Boil for four hours. Strain and clarify (this will make jelly). Now weigh your pieces of rabbit, taking half their weight in stale bread, moisten this latter with stock, turning rapidly with a wooden spoon. When quite smooth mix it with the rabbit previously ground on a mortar, adding butter (a quarter of a pound for each pound of meat), a little stock, pepper and salt, and four yolks of eggs. Strain through a sieve. Butter a mould, fill it three-parts full, stand in a pan of boiling water (replenishing this from time to time as required). When quite firm draw aside till cool. Turn it out carefully, and decorate with the jelly cut into ornamental shapes. This can be prepared the day previously.

Savoury Pudding (To accompany Roast Meat).

Soak three ounces of bread crumbs in milk, squeeze very dry, add to it three ounces of flour or fine oatmeal, three or four fairly large onions, previously boiled and chopped, three ounces of chopped or shredded suet, about a dessertspoonful of dried sage, and a suspicion of thyme; add pepper and salt to taste. Mix to a proper consistency with two eggs and milk. Bake in a moderate oven in a dripping tin. This is equally good with duck, goose, or pork.

Fried Rabbit (Young).

Take a rabbit about a quarter grown and cut into four. Pepper and salt to taste, but use plenty of pepper. Roll the pieces in flour, put into a pan full of boiling

dripping. Fry till a nice brown, and be sure that it is well cooked. Serve with plain brown gravy.

Roast Rabbit with Brown Gravy.

Put the rabbit (or rabbits) into a hot dripping tin in which half a pound of melted dripping with three or four slices of bacon on each rabbit. Roast slowly in the oven for an hour and a half. Baste well and continuously during the time that they are cooking. Serve with plenty of gravy made from stock or beef bones thickened with a tablespoonful of flour, and serve nice and hot and brown.

Another way is to stuff them with sage and onion stuffing, prepare with bacon, etc., as above roast. Or use veal stuffing.

Fricassee of Rabbit.

Boil a fine wild rabbit in a quart of stock or water with a quarter of a pound of streaked bacon, two onions, a sprig of thyme and marjoram, a pinch of salt and pepper; skim the pot while boiling. When tender, take out the rabbit and bacon, cut up the former into neat joints, reserve all the best for the fricassee, put back the head, neck, and all unsightly pieces into the liquor, let it boil until reduced to a pint, then strain it and take off every particle of fat. When this is done, again allow the gravy to reduce to half a pint, then put in the joints of rabbit, with a sprig of parsley, thyme, and marjoram, and let it simmer for half an hour; take or strain out the herbs, add a pinch of grated nutmeg and lemon peel, and thicken the gravy either with a cupful of cream or milk with a dessert-spoonful of potato flour; if milk is used, stir in an ounce of fresh butter. Cut up the bacon boiled with the rabbit into very neat slices, let it get hot in the fricassee with it boiling, arrange neatly on the dish, and serve with the rabbit.

Curried Rabbit.

One rabbit, two onions, one tablespoonful curry powder, three ounces dripping, juice of half a lemon, one tablespoonful grated cocoanut, one quart of stock, quarter of a pint of milk, one tablespoonful of flour, one teaspoonful of salt, and rice. Cut up the rabbit, and let it lie in milk and water all night, next day strain the joints off, and dredge them with flour and curry powder; slice the onions, and fry them in the dripping till tender, but not too brown; add the rabbit, and fry till nicely brown, then add the hot stock, salt, and cocoanut, and a little grated nutmeg if liked, simmer for one and a half hours, add the lemon juice, and, lastly, the warm milk. Arrange on a hot dish, pour the gravy over, and garnish with a border of rice, as for other curries.

Rabbit Pie.—A French Cook's Recipe.

Wash and dry the rabbit, lay some pieces of thin beefsteak at the bottom of a pie dish, then a layer of rabbit, and a little pepper and salt, some chopped parsley, and very little onion chopped small, some slices of bacon cut into dice. Fill up the dish in this way, cover with water (or gravy, if any is left from a joint). Stew gently until nearly cooked, then cover with good puff paste, and finish in a quick oven.

Larding.

Needles of different sizes are required for larding purposes. The largest of these must be used for beef à la mode, and the smallest for game. French cooks use the back fat of a large pig cured without saltpetre, by which the colour of the meat is often spoiled, and because it is not so liable to break as bacon. However, as it is not always convenient to have this properly prepared fat, that of the back of bacon must be used. Cut the bacon or fat into thin slices, then into strips which will fit easily into the larding-needle, long enough to come about a quarter of an inch beyond

the opening. Pass the needle containing the strips of bacon through the skin into the flesh, and then bring it out so as to leave an equal length of fat both on the side the needle is put in and drawn out. The number of rows of the larding and the width between them is at the discretion of the cook. Care must be taken to have the rows even, and that one set of lardoons comes in between the other. It is a good plan, when necessary to give additional

flavour to the meat to be larded, to dip each strip of fat into a very finely powdered and sifted mixture of dried herbs, pepper, salt, and a very little nutmeg. The operation of larding, once understood, is extremely simple; but it is one of those things which will be learned much more quickly from once seeing it done than from any number of printed directions, however precise.

VEGETABLES.

CHAPTER IX.

Boiled Potatoes.

It is hardly a question of taste or convenience whether potatoes be boiled with or without their skins, for by boiling peeled potatoes (unless quite small and new) the soluble matter is extracted and lost in the water, with the result that the potato is apt to be watery and tasteless. At different seasons of the year potatoes require special modes of treatment, and they take a longer or shorter time according to the size and kind. Experience alone can teach the art of cooking potatoes to perfection, and by far the best and surest way is to steam them. For boiling potatoes in their skins, wash them in lukewarm water, and scrub them with a brush kept for the purpose, afterwards rinsing them in cold water. Put the potatoes in a saucepan that will just hold them, sprinkle salt over, and cover them with cold water; let them boil gently until done, drain away all the water, cover the potatoes with a cloth, shake them, allow them to remain for five minutes. Take each potato in a cloth, hold it in your hand, and peel it carefully with a knife. Serve immediately. If the cook finds that she cannot spare the time to peel boiled

potatoes just before serving, it is better to steam them. To prepare potatoes for steaming without their skins, wash and brush them, put them into a pan of cold water, peel each one as thinly as possible, and take out the eyes, and as you do them throw them into a pan of clean cold water. Then put into the steamer, and when they are done cover them with a cloth in the same way as for boiled potatoes; take the steamer off the saucepan, put it on a cool part of the range, and when it has stood for five minutes serve the potatoes. A very general impression prevails that a small quantity of potatoes cannot be successfully steamed, but even two may be exquisitely cooked, if a fine clean cloth, which will fill up the steamer, be placed over them, as this keeps in the steam, and prevents the potatoes becoming watery.

Browned Potatoes,

Peel and prepare the potatoes in the usual way, and boil or steam them for a quarter of an hour, if of average size; if small, somewhat less time. Drain the potatoes, put them in a baking-dish with some dripping, bake them in a quick oven, basting occasionally, for forty minutes, or until they are perfectly brown. They must, when done, be dry and free from fat.

If there is no pudding in the dripping-pan, the potatoes can be browned under the meat, and indeed are better than when baked. Potatoes for browning should always be parboiled, as if baked raw the outer crust is indigestible.

Baked Potatoes.

Wash and brush the potatoes until perfectly clean, put them, damp, into a moderate oven, and bake from three-quarters of an hour to an hour or until soft when pressed.

Mashed Potatoes.

When the potatoes are cooked, put them into a bowl, a wooden one, if you have it, and break up into a smooth paste. This done, put them into a bright stewpan, with two tablespoonfuls of milk or cream to a pound of potatoes, a pinch of salt, and a bit of butter the size of a walnut. Stir over the fire with a wooden spoon until dry.

To Cook Cold Potatoes.

Chop the potatoes with a knife, melt a very small bit of butter or other fat in the frying-pan, put them in, set the pan over a slow fire, let it stand for a minute or two, then stir the potatoes about with a knife until they are hot through and nicely browned. Potatoes can also be cooked in slices in this manner; they will require to be carefully turned several times whilst frying.

Potato Croquettes,

Steam or bake good dry floury potatoes. Mash them up thoroughly, being careful to remove all lumps; add pepper, salt, and sufficient egg to make a stiff paste. Flour your hands, and make the potato into balls of equal size, roll them in finely-sifted

bread-crumbs, dip them in yolk of egg, and again roll in crumbs. Have ready a stewpan half full of hot fat, and having put the croquettes into a wire basket, plunge it in, and shake about gently in the fat until the croquettes assume a light golden colour, when they will be done. Great care must be taken to have the fat the right temperature, or it will be impossible to cook the croquettes properly. A little minced parsley is sometimes added to the potato after it is mashed. If any plain boiled or mashed potatoes are left over, they may be made into croquettes for the next meal by following the above recipe.

Potato Snow.

Rub three or four good white steamed potatoes through a sieve, put them into a stewpan with a tablespoonful of hot milk or cream and half an ounce of butter dissolved in it. Add a pinch of salt and of white pepper, and stir the potato over the fire until it begins to get dry. Serve piled high on a dish with mutton collops round it, or as a garnish to cutlets.

Fried Potatoes,

Peel fine kidney potatoes and slice them as thin as you can the round way; as you do the chips throw them into cold water, as this frees them from the potato-flour, which has a tendency to prevent successful frying. Drain and lay them in a cloth to dry, put them into a wire basket, which immerse in a stewpan half full of boiling fat, and when the chips are a light golden brown throw them on to paper for a minute, turn them on to a dish, sprinkle salt and pepper over, and serve. The greatest care must be taken to have the fat the right temperature for frying the potatoes, as otherwise they will be sodden with grease. Potatoes are fried thus cut into ribbons or blocks, taking longer or shorter time according to the thickness.

Greens, Cabbages, Cauliflowers, Etc.

A few simple rules guide the cooking of all green vegetables. The first thing to observe is the thorough washing of them and getting out all insects. Put the vegetables into plenty of water with the chill off, but do not put salt, as this kills the insects and prevents them coming out. Use several waters, taking care that all sand and earth are removed, and that the vegetable is perfectly cleansed. The pot in which green vegetables are to be boiled must be scrupulously clean, if it is not so the colour of them will be spoiled, and the smell of them whilst cooking be most disagreeable. The water should have salt, in the proportion of one ounce to two quarts. When it boils throw in the greens, press them down, boil for three or four minutes, then strain and place the vegetables in a second saucepan of boiling, slightly salted, water. This "blanching" prevents the evil smell so usually associated with the boiling of "greens," and gives the vegetables a sweeter taste. When transferred to the second water cover the saucepan with its lid until on the point of boiling, then take it off and carefully remove the scum, keeping the saucepan uncovered until the greens are done. We particularly desire to impress upon cooks the fact that if these simple directions are observed there is no need to use soda in order to preserve the colour. Soda, indeed, destroys both the flavour and value of green vegetables, because it draws their fine properties into the water.

The time different green vegetables take to cook depends on their age and quality, and it varies from ten to thirty minutes. Brussels sprouts take from ten to fifteen minutes; spring cabbage, fifteen to twenty minutes; summer cabbage, twenty-five to thirty-five minutes; winter greens, such as broccoli sprouts, cottage kale, cabbage sprouts, called in London "bunch greens," fifteen to twenty minutes; cauliflowers from fifteen to twenty-five minutes, according to size. Plunge these into the boiling salt and water, head downwards, skim the pot as soon as it boils up, and let the cauliflower cook until it is tender.

A very good way of cooking cauliflowers

is to divide the head into branches, and boil them in salt and water. When done drain them, put them into a clean stewpan with a bit of butter, shake for a few minutes over the fire, and serve.

The stalk of the cauliflower should not be wasted. Cut it up neatly, boil in salt and water, and finish as directed for the branches. It should be served as well as boiled separately.

Spinach.

Spinach as generally cooked by boiling in water is deprived of its flavour and fine dietetic qualities. There is no difficulty in cooking spinach according to this recipe, but care must be taken not to use too much salt. Wash and pick three or four pounds of spinach, thoroughly freeing it from grit, and observing that no stalks are left. Drain the spinach in a colander, and put it into a large saucepan, with a teaspoonful of salt—observe, no water; set it over the fire, cover with the lid, shake occasionally until the juices begin to draw. When the liquid boils, take off the lid of the saucepan and stir the spinach now and then to prevent burning. When perfectly tender, drain, beat up with a wooden spoon, and press through a sieve, it can then be served plain, or as follows:—Put the spinach, after draining, into a stewpan with an ounce of butter, and a tablespoonful of cream or milk, if more convenient the same quantity of rich gravy may be substituted, stir over the fire until the vegetable becomes dry, make any nice little mould, not larger than an egg-cup, very hot, and press it full of spinach, turn it out and repeat the process, working very quickly, and keeping the shapes hot as you do them. Dishes can be garnished with these shapes, or if preferred, put the spinach into a vegetable presser, and when turned out, serve on a separate dish.

Sorrel may be treated in the same way, and is excellent to serve with stewed beef or roast veal.

Asparagus.

Prepare this for boiling by lightly scraping the stems, as you do them put them into cold water, and when all are ready tie them in little bunches, cut the ends of equal length, and put them on in plenty of boiling water, with a tablespoonful of salt to each quart of it. Let the water be skimmed as soon as it boils up after the asparagus is put in, and continue boiling without the lid of the saucepan, until done. Asparagus usually takes twenty minutes to cook, but so much depends upon its size and quality, that it is impossible to give the exact time, and it must therefore be tried at the end of fifteen minutes. Great care must be taken not to break the heads.

Seakale.

Shake out the dust, and, if necessary, use a brush to ensure perfect cleanliness, wash it well, trim the ends, and leave it in cold water for an hour or more; tie the kale in small bundles, and throw it into boiling water with salt in it. Keep it boiling as fast as possible for twenty minutes, when it should be tender, but if it is not, allow it to boil longer. Drain as dry as possible, put into a hot vegetable dish, and pour butter sauce over it. It is customary to put the kale on toasted bread, but if drained perfectly dry this is unnecessary. Seakale, if not used immediately it is cut, should be kept in a dark place until wanted.

Green Peas.

Some cooks spoil peas by boiling old and young together. In shelling, these should be kept apart, then the old can be half-cooked before those which are young and tender are put into the saucepan. Everybody has had the misfortune to see peas come to table with the best of them boiled to a pulp, these having been sacrificed to their elder brethren, which would not soften until they had burst their jackets. On no account should peas be shelled at

the shop. They get mixed in all sorts of ways, fresh and stale, young and old, or with those of another kind. And it is desirable, too, that peas should not be shelled long before they are boiled. If they are kept for, say, two or three hours before boiling, the skin dries, and the full flavour of the vegetable is impaired. If however, the peas must stand for some hours after they are shelled, they should be sprinkled with water. Should the pods have to be kept from day to day, cover them with a damp cloth or with grass. When the peas are shelled, wash them twice in cold water, skimming off those which float. Have a saucepan very clean and nice, with plenty of boiling water, say three pints of water to each pint of peas. To this add three tablespoonfuls of salt and three large lumps of sugar—not one bit of soda. Tie up two or three sprigs of mint tightly with string, and put them in with these. Throw in the peas, let them boil up, remove the scum, and let the peas continue to boil gently without the lid on the saucepan until they are done. Young peas will boil in twenty minutes, and those which take longer than thirty minutes should not have been plainly boiled at all, but served en purée or made into soup. When done, strain the peas, take out the mint, and having put them into the vegetable-dish mix with them a tiny bit of butter.

Broad Beans.

Broad beans are not in universal favour, but most people will eat them when very young, and they are then digestible and excellent food. But when passed into the elder stage, broad beans have a strong flavour, and unless the skins are removed before eating are hardly to be recommended. For a change broad beans, either as we have said, when very young, or when older with the skins taken off after they are boiled, eaten with ham or bacon, are excellent. In the case of full-grown broad beans boil them in salt and water with a few sprigs of parsley; strain them. Have ready a stewpan with a small piece of butter dissolved in it, take each bean

between the thumb and finger, press it, holding over the stewpan, when the bean will fall in, leaving the skin in the fingers. As it is never right to handle cooked food more than is absolutely necessary, care should be taken to do the beans in this way, as then the skin only, which is thrown away, comes in contact with the fingers. When all the beans are done, as quickly as possible, of course, put the stewpan on the fire, stir them about in order that they may get hot, this done, serve at once.

French Beans.

First wash the beans in plenty of cold water, then string and slice, but do not throw them again into water. Beans retain their flavour better when not sliced thin, but this is a matter which must be regulated by individual taste. Small and young French beans are best cooked whole, the variety known as scarlet runners is always sliced. Throw the beans into boiling water with plenty of salt; as soon as they boil remove all scum, let them boil for fifteen to twenty minutes, or until done, without the lid on the saucepan. Strain through a colander, and if allowed stir a little piece of butter with them after they are put into the vegetable dish.

Boiled Vegetable Marrow.

Prick the marrow with a larding needle or fork, boil it in plenty of water with salt until tender. From three quarters of an hour to an hour, according to size, is usually required; but much depends on the quality of the marrow, which should not be boiled until soft, but be rather firm to the touch when finished. Take up the marrow, cut it in quarters, remove the seeds, unless it is small and young, pass a little butter over, and serve very hot. Vegetable marrow, when large, must be cut into quarters, but not peeled, have the seeds taken out, and be boiled in water with plenty of salt. To make the marrow very good after it is boiled put it into a stewpan with some butter and a little salt, and let it stand on the hot plate for ten

minutes. White butter sauce is usually served with boiled marrows.

Onions.

Of all vegetables the onion is the most valuable in cookery. Any prejudice which exists as to its use, must be considered to be due to the manner in which it is cooked. There are few persons who will not be able to eat onions if they are thoroughly well boiled, and if properly fried they would be far more popular than they now are. The greatest care should be taken in frying onions not to let them get in the slightest degree blackened, as then they are most indigestible, and in order to avoid this it is necessary to use plenty of fat. The onions will be less greasy so fried than if a small quantity were used.

Boiled Onions.

Peel the onions standing over the fire, or throw them into boiling water, as this will prevent their hurting the eyes. Put them into plenty of well-salted boiling water, and let them boil gently for an hour and a half to two hours, or until so tender they would easily mash up. Drain them, and serve either plain, in gravy, or tossed in a little butter in a stewpan over the fire.

Fried Onions.

Having peeled the onions, cut them in rings, throw them into enough very hot fat in the frying-pan to float them. If the fat is kept at the right heat the onions will not require much attention whilst cooking. As soon as they are a golden brown take them out of the pan with a skimmer and throw them on to paper to absorb the grease.

Stewed Onions.

Peel moderate-sized onions, trim them at one end so that they will keep upright in the stewpan. The simple way of stewing

onions is merely to simmer them in enough gravy to cover them until quite tender without being broken. The onions eat richer if fried before stewing; this can be done in the frying-pan, turning them about to insure their being coloured all over. Or, when the onions have been stewed in rich gravy with a little sugar in it, this is boiled down to a glaze, and they are tossed up in it till nicely covered and rich-looking.

Spanish Onions.

These are cooked in the same way as English onions, taking, of course, longer time according to their size. A favourite way of dressing Spanish onions is to parboil them in salted water, and having drained to bake with butter until finished.

Spanish Onions Stewed.

Boil the onions whole for half an hour in water with plenty of salt. Drain, and return them to the stewpan, with a small piece of butter or dripping, and a little pepper and salt. Cover the pan as closely as possible to keep in the steam, and let the onions stew gently for two or three hours, according to their size and quality. Baste them with their own liquor occasionally, and take care they do not cook so fast as to cause this to dry up, and the onions to get burnt.

Leeks.

Great care is required in washing leeks, and it is not easy to free them from grit. Trim away the outer leaves and the ends neatly; cut the leeks into equal lengths, then open them as much as possible without breaking, and thoroughly wash them. Tie the leeks two or three together, and boil them gently for an hour, or until tender, in plenty of salted water. Pour over, when drained, a little dissolved butter, or butter sauce, and serve.

Turnips.

Turnips require to be thickly peeled for table, as there is a very strong bitter flavour in the outer rind. The rule is to take off the peel down to the white part of the turnip. If the turnips are small and young they can be boiled whole, if large either in halves or quarters. Let the water be well salted, take off the scum, and boil the turnips from half an hour to three-quarters, according to size and quality.

Mashed Turnips.

Boil the turnips until perfectly tender, drain them in a colander, put them into a bowl, and break them up free from lumps. This done, put the pulp into a clean stewpan, with a tablespoonful of milk or cream, a small bit of butter, and a pinch of salt. Stir over the fire until hot through, or until moisture is dried up.

Carrots.

When very young carrots need only to be thoroughly washed and cleansed with a brush. When older, after being so treated, if not perfectly clean, they must be lightly scraped, but on no account should carrots ever be peeled. Boil young carrots whole; those which are larger in quarters or eighths; young carrots take about an hour to boil, those which are older from an hour and a half to two hours. It is impossible to give the exact time for cooking carrots; like all other roots they vary in quality, and it is difficult to boil either those which are stale or of an inferior kind. After the carrot is trimmed, properly cleaned, and if necessary divided, throw it into boiling water well salted, and let it continue steadily boiling until done. This vegetable is usually served plain as an accompaniment to boiled meats, but is very good tossed up either in butter or a little gravy and butter as a separate dish. Carrots are not usually mashed, but to several dishes they form an elegant addition as a purée.

Parsnips.

These are usually served boiled plainly like carrots; they take from two to three hours to boil. Mashed, as in the following recipe, parsnips are excellent.

Mashed Parsnips.

Wash and scrape a large parsnip, cut it into eight lengths, and having divided them in half put them into a quart of boiling water with a teaspoonful of salt, and an ounce of good dripping. Boil the parsnip until perfectly tender, it will take about two hours to cook. Take it up, drain and press the parsnip in a colander to get out as much moisture as possible, and with a wooden spoon mash it quite smooth, and then put it in a clean stewpan with an ounce of fresh butter, or a tablespoonful of milk and cream, add salt and pepper, and stir the parsnip over the fire for five minutes, and take care to serve hot.

Jerusalem Artichokes.

Wash, and if necessary scrub, the artichokes to free them from mould, pare away all the inequalities, and have them as nearly as possible of one size. Boil in water well salted, and, when tender, drain, and put them into a little milk slightly thickened with flour; let them lie in this sauce for ten minutes on a hot part of the range; and when done stir in a little butter, and salt if required. The artichokes can, if preferred, be merely tossed in butter after being drained.

Baked Artichokes.

Prepare them as for boiling. Melt a little butter or sweet fat of any kind in a baking tin, pass the artichokes through it, and put them in a quick oven to bake for about half an hour. Baste occasionally. Too much fat must not be used, or the artichokes will be over rich and will not brown.

Fried Artichokes.

Cut the artichokes in slices, fry quickly in a little butter.

Beetroot.

Wash and scrub the beetroot with a brush. Take care not to break the skin or cut the beetroot before boiling, as by doing so the colour is spoiled. Put it on in boiling water, and let it boil until tender. A large beetroot will require three hours, a small one half that time. In France beetroots are sometimes baked. After the baker has drawn the bread, he puts them into the oven, and they remain for some hours. When cool the skin is taken off in the same way as when boiled.

Haricot Beans Boiled.

Put the beans in plenty of cold water, when they boil throw in a little salt, let them boil about two hours, and when the skin begins to crack strain away all the water, which put aside to help make soup, and put a thick cloth over the beans. Put the saucepan on the hob for one hour for the beans to steam; by this time the little water left with them will have dried up, and the beans will be thoroughly cooked and mealy. The large kind of beans should have the skins removed before boiling.

Haricot Beans Fried.

Prepare the beans as in the foregoing recipe, put a little sweet dripping into a stewpan, let it come to a froth, then put in the hot cooked beans with a very little chopped sage; toss them about with a wooden spoon till they are a pale gold colour; add a little pepper and salt, and serve very hot.

Peas Pudding.

Wash and pick a pint of the best split

peas, and soak them for twelve hours, or longer, in water, with a large pinch of carbonate of soda. Tie the peas in a pudding-cloth, but not tightly, for they require room to swell. Put them to boil in enough cold water, with a pinch of soda, to cover them, and let them cook gently for three hours. Drain the peas in a colander, then mash them smoothly, or pass them through a sieve, mix with them two ounces of butter, and pepper and salt to taste; stir it in a clean stewpan over the fire until the pudding is thick, press it into a hot greased basin; turn it out, and serve. Or, after having mashed the peas smoothly with the butter and seasoning, tie them up again in a cloth very tightly, and boil for half an hour.

Lentils.

Lentils require to be soaked. It is as well, if convenient, to let them lie in water all night with a pinch of carbonate of soda. Before soaking the lentils, wash them in several waters, rubbing them with the hands. The next day boil the lentils gently in the water in which they were soaked for two hours, until they are tender; drain them, and put them into a stewpan with a small piece of butter; pepper and salt to taste; shake them over the fire for five minutes, and serve very hot.

Tomato Sauce.

Boil two minced onions in just enough water to keep them from burning, and when they are tender wash and cut up a pound of fine ripe tomatoes, put them into the stewpan with a teaspoonful of salt and a shake of pepper: simmer for half an hour, then rub the tomatoes and onions through a fine sieve to a pulp. A little patience is required to rub all through. The pulp should be as thick as good apple sauce. Put it into a clean stewpan with an ounce of butter, and stir over the fire for ten minutes, or, if left to simmer gently, it need only be stirred occasionally. If a sharp sauce is required, add a few drops of lemon-juice, and, if necessary, a little more salt. If

tomatoes are scarce, a sharp apple, quartered but not peeled, may be boiled with the onions.

Baked Tomatoes.

Put the tomatoes into a tart-dish with a morsel of butter on the top of each, sprinkle with salt, and bake in a quick oven for twenty minutes.

Stuffed Tomatoes.

Make a round incision in the tomato large enough to admit of the inside being scooped out with the handle of a teaspoon, and to form a neat round from the top to serve as a cover. Be careful not to make holes in the sides, and to leave as much flesh as possible, the object being to remove the seeds. This done, fill up the cavity, either with sausage-meat or any kind of cold minced meat you may have, or well-flavoured forcemeat. Put the tomatoes in a baking-dish, and finish as above; baste occasionally with their own liquor. The round cut from the top of the tomato should be replaced after the stuffing is put in.

Tomato Salad.

Rub a clove of garlic lightly over an earthenware dish, or, if disliked, substitute shallot; pour in a teaspoonful of French vinegar. Wash and slice four tomatoes on to the dish, sprinkle heavily with salt and lightly with pepper. Mix a few drops of oil, another teaspoonful of vinegar, and put it over the salad, which should be prepared an hour before it is required for use.

Conserve of Tomatoes.

Make a stiff purée as for tomato sauce, but without onions; put it into perfectly dry bottles, cork them, and tie down tightly with string. Put the bottles up-

right into a deep kettle, putting bands of hay round, so that they may not touch each other. Put enough cold water into the kettle to reach to the necks of the bottles; place it over the fire without the lid, and as soon as the water boils, draw to the side of the fire, and let it stand for a quarter of an hour. Keep the bottles in the water until it is nearly cold, and when the bottles themselves are perfectly cold, dip the cork of each, so as to cover up the mouth, into hot bottle-wax. On this part of the process being properly done the success of the whole operation greatly depends. Be careful to keep the conserve in a dry place.

Tomatoes Preserved Whole.

Put the tomatoes into wide-mouthed bottles, and proceed exactly as for the conserve. The fruit usually requires to be boiled for about five minutes. To ascertain if it is sufficiently done, lift up a bottle, and if it has risen from the bottom, draw the kettle to the side of the fire. Wax the bottles as for conserve.

Salad,

In preparing salad, great care should be taken to dry it thoroughly by shaking it gently in a cloth. Each kind of vegetable should be treated separately, the small salad well washed through a colander, drained and dried. Lettuces should be divided leaf by leaf, be most carefully freed from grit and insects. If lettuce has to be sent whole to table, it should be laid on a cloth to drain, and in no case must salad of any kind ever be served wet. At the same time, it must not be allowed to lose its crispness.

The French and Italians are quite right in thinking that salads are most agreeable if merely dressed with wine vinegar, olive oil (one part of vinegar to two of oil), pepper, and salt. Plain boiled French beans, cauliflower broken into sprigs, and plain boiled potatoes sliced, all make delicious salads.

Watercress,

Wash, trim, and pick the cress, drain it in a colander, put it into a dry clean cloth and gently shake it about until all moisture is absorbed. Arrange the cress in circles on a flat dish, and serve within an hour of preparing it, as it will lose its crispness if left standing too long.

Radishes,

Choose small red and white turnip-radishes, and never eat them when stale. With a small brush, kept on purpose for vegetables, prepare each one in clean cold water, cut the green tops away neatly, taking great care no grit is left on them, and trim the roots as equally as possible. When all are done, place them on a clean cloth, wrap them up, shake lightly, and then arrange in circles on a dish, which will look all the prettier for a light border of watercress or small salad. Radishes are not often served hot, but when young and fresh they are very good boiled. Wash and trim them in the same manner as for salad, throw them into plenty of boiling water, well salted, and boil until tender; they will probably take half an hour. When done, drain and send to table covered with butter sauce.

Celery as Salad,

Trim away the outside leaves, leaving only those which are a delicate white; neatly pare the roots, cut the stick of celery in half, rinse it in plenty of cold water, and with a brush, kept for the purpose, thoroughly cleanse it from grit and insects. The celery looks prettier either in a glass or on a dish, if the outside leaves are curled. This is done by cutting them in thin strips and passing them over a knife.

Stewed Celery.

Great care must be taken in washing

celery. Cut off the tops, take away the outside leaves, and neatly trim the roots. Boil the sticks in salt and water for five minutes, then again carefully wash them. Put them into a stewpan with sufficient stock to cover them, an onion, a carrot, a bunch of sweet herbs, and pepper and salt. Boil very gently for two hours, or until perfectly tender. When done, drain, and lay the celery in a dish. Strain, and boil down the liquor in which they were stewed to a small quantity, add to it, if necessary, a drop or two of colouring, a small piece of glaze, and thicken with butter and flour. Pour over the celery, and serve.

Stewed Celery, White.

Boil the celery until tender, in just enough milk and water, salted, to cover it. When done, thicken the liquor in which the celery was stewed with flour, mixed smooth in a little milk or cream, add a small piece of butter, stir until dissolved, and pour over the celery in a vegetable dish.

Mushrooms.

There is a difficulty in giving tests for mushrooms, but those which are good may generally be known by their being easy to peel, and of an agreeable smell. The true mushroom grows in pasture-land for the most part, and turns black in salting. Toad-stools are generally found in woods, have an unpleasant smell, and turn yellow when salted. There is one matter in cooking mushrooms that is frequently neglected—this is the freeing them from grit. If too long kept in water they lose much of their richness and flavour; nevertheless, in order to cleanse, it is often necessary to wash them, and, if possible, this should be done with milk. In keeping, mushrooms are often attacked by flies; and when this is the case they should not be used.

Fried Mushrooms.

For this purpose the large black mushrooms are best, but they must be fresh.

If quickly grown the forced will be found as good as the field mushroom; in either case care must be taken to have them free from grit. Put a good slice of butter or lard into a frying-pan large enough to hold the mushrooms, and when hot, put them in with the white side downwards, having previously skinned them and trimmed the stalks. Sprinkle pepper and salt over the mushrooms, and let them cook very slowly, and if the butter dries up add a little more. In ten minutes turn the mushrooms, and let them finish cooking, still very slowly, on the other side. When done place the mushrooms on a hot dish, pour the gravy over, and garnish the dish with fried bread.

Baked Mushrooms.

Trim the stalks and carefully peel the mushrooms, put a slice of butter in a baking dish; when melted lay in the mushrooms, pepper and salt the upper side, and allow them to cook very slowly for about half an hour. The exact time for cooking mushrooms cannot be given, but fine fresh ones cook much more rapidly and yield more gravy than when stale or of inferior kinds.

Purée of Mushrooms.

To serve with broiled chicken, cutlets, etc.—Chop up a pound of fresh champignons, simmer them in a little milk or broth for ten minutes, then add the crumb of a French roll; stir over the fire until all liquid is absorbed, put in an ounce of fresh butter, pepper, and salt, and rub through a wire strainer. Put the purée back into the stewpan and let it get hot before serving. Should it seem too stiff, add a little milk or cream whilst rubbing it through the strainer.

Mushroom Ketchup.

The larger and fresher mushrooms are best for making ketchup. Break

them well up, and to each seven pounds use half a pound of salt, mixing well together. Let the mushrooms stand until the next day; then drain away all the liquor you can, add a little more salt, stir well with the mushrooms, and let them stand another day. Now press out all the juice, and boil it slowly for an hour with a quarter of a pound of salt, a dozen cloves, and half an ounce of peppercorns and whole ginger to each half gallon. Put the liquor into a pan, and when cold strain it through a very fine sieve, bottling the clear liquid into clean quart bottles, and putting a dozen peppercorns and a dessert-spoonful of brandy into each. Use new corks, and having well-fitted, cut them down to the top of the necks of the bottles, and seal them over so as to exclude the air. Should the juice of the mushrooms not run freely after standing the second day, put them into a cool oven in pans covered over, and let them remain for five or six hours; then finish the ketchup as directed. The remains of the mushrooms should be put into a hot oven and dried, or before the fire. It is well to put them for several days after they appear dry into the oven for a short time. Store in tin boxes in a dry place, and use in the same way as dried mushrooms.

Dried Mushrooms.

Let the mushrooms be perfectly fresh; remove the stalks, lay them side downwards on baking sheets, and put them into a hot oven so that they may shrivel up quickly, but not get burned. They must not be left long in the oven at one time, but be put in every day until they resemble little pieces of leather. Store the mushrooms in tin boxes, taking care to keep them where they cannot be attacked by insects, and use for flavouring gravy, soups, etc. Soak the required quantity of mushrooms in four times its bulk of water; let it stand for at least an hour before adding it to the gravy. Should the mushrooms be large and juicy, it may be necessary to scrape out the insides, which can be used to make mushroom juice in the same manner as ketchup.

Pickled Mushrooms.

For this purpose the smallest mushrooms are required. See they are quite clean, and cut the stalks neatly as you do them; put them in a jar or wide-mouthed bottle. For each pound of mushrooms boil a dozen white peppercorns, half an ounce of whole ginger, a blade of mace, a quarter of a pound of salt, and half a dozen dried chillies in a pint of vinegar. Let it get cold; pour it over the mushrooms, and cover the jar closely. Look at the mushrooms in about a month, and if there is any sign of mould drain off the vinegar, boil up again; add a little chili vinegar, and when cold return it to the jar.

To Mince Vegetables.

Peel the onion or turnip, put it on the board, cut it first one way in slices, not quite through, lest it should fall to pieces, then cut it in slices the other way, which will produce long strips. Finally, turn the onion on its side and cut through, when it will fall into small dice-like pieces; the inconvenience, and sometimes positive pain, caused to the eyes by mincing or chopping the onions on a board is thus obviated, and a large quantity can be quickly prepared in the above way.

Potato Salad (German).

Boil some potatoes, mash them rather moist with milk and butter, stir in one dessertspoonful of salad oil, one table-spoonful vinegar, and two good-sized onions chopped up fine; mix all well together, and put into the oven to keep hot.

Potatoes in Cases.

Take six soufflé cases, boil and mash a few potatoes, mix with a little salt, pepper, and cream, beat up the white of an egg, add it, and put all into the cases, letting it rise in a point above the top; put into the

oven for a few minutes to get hot, and brown with a salamander. These do well to send in with game.

Potato Cake.

Mash lightly half a pound of cold potatoes, mixed with a little flour, two ounces of butter, a little salt, and enough milk to moisten. Make into round cakes and flour round the edges of each one and bake in a hot oven; when cooked, butter well and eat when hot; split open to butter. If three to four ounces of grated cheese is added excellent cheese biscuits are made.

Stuffed Vegetable Marrow.

Cut off the ends of a par-boiled marrow, and with a scoop, or top of a spoon, remove all the seeds from the middle, which fill up with cold meat minced, parsley, and bread-crumbs seasoned to taste. Having put the stuffing into the marrow, make a stiff paste of flour and water, and close the ends with it; put the marrow into a deep dish, with a little butter or fat; cover it close, set it in a good oven, and bake two hours, till perfectly tender; when done, remove the paste from the ends, and send to table in its own gravy.

Lentil Rissoles.

Wash some lentils and rice. Chop an onion and cut a carrot small; put all together in a stewpan. Cover with water and cook gently one hour, adding more water as required. Stir occasionally. The mixture must be stiff when cooked. Turn out to cool, then form into cutlets or rolls. Flour thinly with whole-meal. Fry until brown.

Savoury Haricots.

Take four ounces of haricot beans, one dessertspoonful of flour, one large onion, one ounce of butter, one teaspoonful of

powdered sage, half a teaspoonful of salt, a saltspoonful of pepper. Take four good tablespoonfuls of haricot beans, pick and wash them. Put in a basin, fill up with cold water, and leave them to soak all night. Next day empty the contents of the basin into a pan, add the salt, the onion chopped, and a little more cold water. Place on the fire to boil. When boiling, put the pan over the fire, and allow it to simmer for two hours (or until the beans are tender). When the beans are cooked, melt the butter in another pan, stir in the flour, and keep stirring over the fire for a minute or two until it browns. Drain the liquid from the beans into a second pan, stir well, and allow it to boil for a few minutes (if there is no liquid left with the beans use boiling water instead, one gill). This gives a rich brown gravy. Stir the sage and pepper into the beans, pour into hot vegetable dish, add the gravy, and serve. This dish is very nourishing, and is intended to take the place of meat at dinner.

Scalloped Onions.

Peel a dozen white onions of moderate size, and boil them in salted water until tender, changing the water two or three times. Prepare one cupful of white sauce, using one tablespoonful of butter, one heaped tablespoonful of flour, salt and pepper, and a cupful of milk. Drain the onions, turn them into a buttered baking dish, pour over them the white sauce, and cover them with a cupful of fine dried bread crumbs, mixed with two tablespoonfuls of grated cheese, one teaspoonful of melted butter, and a dash of salt. Bake in a hot oven until the crumbs are browned.

Carrots and Milk.

Boil some carrots with half an ounce of brown sugar and half an ounce of salt one hour. Drain, and put into stewpan with one ounce of butter until butter is absorbed. Pour over them half a pint of

milk. Simmer until soft. Remove carrots to hot dish. Whisk yolk of one egg to milk. Simmer five minutes. Pour over carrots, and serve.

Brussel Sprouts.

The practice of sending plain boiled vegetables to table without any dressing is far too general. The addition of a little butter, in some instances of flavouring herbs, adds greatly to the enjoyment and the nourishment of plain boiled vegetables. Take two pounds of Brussel sprouts, one ounce of butter, pepper and salt. Put the sprouts in plenty of cold water to wash them well. Take each sprout and trim the stalk, and take off any withered leaves from the outside; then put them in clean cold water. Have plenty of boiling water (salted) and a small pinch of carbonate of soda in it; drain the sprouts, and put them in the pan to boil, with the lid off, for about thirteen minutes; drain them in a colander, and return them to the pan with one ounce of butter and a little pepper and salt. Shake them about gently in the pan to send the butter quite over them, dish them neatly in a pile on a dish and serve.

Savoury Macaroni.

Take two large onions, half a pound of stick macaroni, one ounce of butter, four tablespoonfuls of whole meal, one pint of milk, one teaspoonful of sage (powdered), half a teaspoonful of salt, one saltspoonful of pepper, a breakfast cup of bread crusts, and one egg. Put the bread crust to soak in warm water or milk. Break the macaroni into short pieces, and throw into boiling water. Boil for about half an hour (or until tender). Peel and slice the onions, and fry a light brown in the butter (or other fat). Grease a pie dish, put in a layer of onions, then drain the macaroni, and add it, then another layer of onions. Drain the bread crusts, put them into a bowl, add the wholemeal, salt, pepper, and sage; mix

well. Add gradually the egg beaten; then the milk (rather less than a pint). Mix well together, to form a stiff batter; pour over the macaroni and onions, and bake in a hot oven from three-quarters of an hour to one hour.

Potato Surprise.

Scoop out the inside of a sound, well-washed potato, leaving the skin attached at one side of the hole as a lid; mince fine the lean of a juicy mutton chop, with a little salt and pepper. Put in the potato, and fasten down the lid, and bake. Before serving put a little hot gravy in the skin if the mince seems dry.

Winter Salad.

Slice a cold beetroot, arrange it nicely in a bowl, piled up in the centre, pour over it a mixture made of cream, and a very little vinegar, pepper, and salt. Garnish with hard-boiled egg and horse-radish; the whites and yolks of the eggs should be cut up separately; celery may be added also, and cold boiled carrots cut in the shape of olives.

Tomatoes in Jelly.

Tomatoes in jelly make a very attractive salad, served with a mayonnaise dressing. Tinned whole tomatoes may be used. Choose some brilliant tomatoes, add a little celery salt (or grate a celery stalk), and season. Cook them for about five minutes. When boiled for that length of time add two-thirds of a packet of gelatine which has been previously soaked two hours in two tablespoonfuls of water. Remove from the fire as soon as the gelatine is added. Stir very thoroughly, until it is mixed evenly into the tomatoes; then distribute into cups, filling each two-thirds full. Set in a very cold place until the tomatoes have become a very firm jelly. When ready to serve, turn out carefully and stick a small bit of slender celery stalk

on one side of each tomato, and arrange carefully on a glass dish, with some mayonnaise sauce.

Scalloped Salsify.

Boil the vegetable till cooked; then cut into pieces the size of an oyster. Now mix

one ounce of butter with one of flour, half a teaspoonful of anchovy paste, adding the yolk of an egg and a little lemon juice. Stir the vegetable in this sauce. Put all together in a baking dish, sprinkle the top with bread crumbs and a few lumps of butter. Bake fifteen to twenty minutes. Jerusalem artichokes or the remains of cauliflowers can be used in the same way.

EGG DISHES AND SAVOURIES.

CHAPTER X.

and trim the edges, put them on the toast and serve very hot.

Eggs.

Eggs are a most nourishing form of food, and are particularly useful as they may be turned to account in innumerable ways. The most digestible condition of the egg is when it is raw, and when beaten up with milk and sugar it makes a strengthening refreshment, suitable for invalids and people when extremely tired. For the morning repast, eggs should be placed in tepid water, which should be gently brought to the simmering point. The white will thus be cooked without being hardened. Cooks often appear disinclined to go beyond the usual routine of hard and soft boiled eggs, poached and fried eggs, or omelets, but there are certainly over a hundred and fifty other ways in which they may be prepared, and new combinations may be introduced from time to time by any one really interested in the art of cookery.

Poached Eggs on Anchovy Toast.

Make some thick squares of toast, butter them well, pour on them as much anchovy sauce as they will absorb. Poach the eggs lightly in boiling water, to which a few drops of vinegar has been added. Drain

Stuffed Eggs.

Boil some eggs hard, put them in cold water, and take off the shells, cut in half, take out the yolks into a basin, mix with chopped parsley, thyme, pepper and salt and cream; put back into the half whites, turn over on to little rounds of buttered toast cut exactly the size of the egg, sprinkle with finely chopped parsley, and serve.

Poached Eggs on Tomatoes.

Take a tin of tomatoes, turn out into a stew pan, add a teacup of bread crumbs, salt and pepper, stew gently for half an hour. While this is being done fry in dripping half a dozen small rounds of bread; arrange on a dish, put a little of the hot tomato on each piece, and a poached egg on the tomato. Garnish with parsley.

Eggs Rissoles.

Boil some eggs hard enough to set the white, so that the shell can be removed without breaking the white. After peel-

ing the shell off cover the eggs completely with a good savoury forcement. Egg and bread crumb them, and fry in boiling fat till a golden brown; serve with good gravy.

Savoury Eggs.

Take a small shallow pie dish and into it put one tablespoonful of milk, a layer of grated cheese, pepper and salt to taste. Then break three eggs into the dish as you would for poaching—put a little butter on the top and bake in a moderate oven. When the milk boils the eggs are cooked; serve very hot. Tomato sauce or anchovy sauce may be used instead of cheese.

Scalloped Eggs.

Boil four eggs, for five minutes; when cold chop them up roughly, and add to them a cupful of mashed potatoes, the same of boiled rice, a few chopped capers, one teaspoonful of vinegar, some melted butter, and pepper and salt. Line some scallop shells with bread-crumbs, pour in the mixture, add more bread-crumbs on the top and bits of butter and bake about half an hour.

Savoury Omelet.

Allow one egg for each person, beat well, add a little salt and pepper and a few spoonfuls of any kind of nice meat chopped finely, with a spray of minced parsley. Put in a tablespoonful of dripping or butter in a frying pan and let it boil. Pour in the mixture and fry till set and firm, then fold half over and serve hot.

Buttered Eggs.

Melt an ounce of butter in a saucepan and drop in some eggs, allowing one for each person, a little salt and pepper. Stir continually over the fire till set, if too dry add a spoonful of milk. Serve on hot buttered toast.

Egg and Savoury Jelly.

Take a calf's foot, two pounds of lean beef, cut in small pieces a bunch of sweet herbs, a carrot, and turnip, salt, pepper, and a small onion. Pour on to it three pints of cold water; let it simmer after it has come to the boil till the bones drop out of the foot, and till it is reduced to half; strain and leave till cold. It should be quite a jelly. Take off all the fat, melt it, and add to it the whites of two eggs well beaten, and a little white wine. Stir the eggs and shells well in, let it boil, then pass through a jelly bag. Boil two eggs hard, cut the whites into neat pieces, and rub the yolks through a sieve, let the jelly get nearly cold, then put about an inch in depth into a mould which has been in cold water; when that has set, put the pieces of white of egg round, and sprinkle the yolk in the centre; pour in the rest of the jelly gently, let it get cold, turn out. This looks tempting, and will often induce an invalid to eat some.

Baked Eggs and Bread Crumbs.

Half fill some small greased thin china patty pans with bread crumbs, a few dabs of butter, minced parsley, pepper and salt. Break an egg into each. Fill up with bread crumbs. Bake a few minutes in oven. Serve very hot.

Curried Eggs.

Fry two onions, after peeling and chopping, in two ounces of butter. Sprinkle one tablespoonful curry powder, and fry four minutes. Mix one teaspoonful arrowroot or potato flour with a quarter-pint stock or half-pint milk and half-pint cream. Add to above. Simmer eight minutes. Add hard-boiled eggs, cut in half. Warm gently. Add a squeeze of lemon. Serve with plain, dry, boiled rice.

Eggs on a Platz.

Butter a small oval dish, break four eggs

on to it, and put a little butter on each. Ten minutes in oven will set the eggs. Do not let whites become hard. Sprinkle with pepper and salt.

French Eggs Savoury.

Hard boil four eggs, shell and cover them lightly with half a pound of potted meat, egg, and breadcrumb. Fry in plenty of fat. Cut in half, and serve on watercress.

Egg Sauce for Fish.

Melt one ounce of butter in a saucepan, stir in one ounce of flour. Take off fire and add milk, slowly stirring well. Replace on fire and boil, stirring all the time till it thickens. Rub yolks of two hard boiled eggs through a fine sieve. Add then to sauce and the whites chopped finely and a little finely chopped parsley, previously tied in cloth and held under tap of cold water, which makes it a pretty colour.

Savouries.

In modern high class cookery savouries are served immediately after the sweets and dessert. They are, in such cases, dainty and rather highly flavoured morsels, intended to clear the palate from the cloying sweetness, so that the glass or two of delicate claret or other similar wines may be appreciated. In fact, the modern savoury replaces the humble olive and cheese straws of olden days. This habit is not one which can be recommended from the health point of view, and, indeed, appears to be almost an unnatural reversal of the fitting order of things. But while the savoury in this sense scarcely meets with our approval, there are many dainties of this class well worthy of attention as light additions for the breakfast, luncheon, tea, or supper table. The following selection is very far from being exhaustive, but will serve to show the careful cook what may be done in devising small novelties.

Anchovy Toast.

Have ready some soft well-buttered toast, and spread on it a thin layer of anchovy sauce, add two hard-boiled eggs chopped fine, pepper, and salt. One boned anchovy to each piece of toast is an improvement.

Sausage Fritters.

Half a pound of sausages will make a nice dish of fritters. Make the batter with three tablespoonfuls of flour, one egg, a pinch of salt, and a little milk. Shape the sausages or minced meat into small cakes the size of a crown piece, dredge them with flour. Have hot lard in the frying pan, as hot as it can be without burning, dip the fritters in the batter and fry a light brown. Garnish with parsley, fennel, or beetroot.

Sausage Rolls.

Take equal quantities of flour and cold mashed potatoes, and half the quantity of dripping or margarine. Mix all smoothly together with cold water into a firm paste. Roll out on a floured board, cut into squares, lay a sausage on each square, moisten the edges with water, and fold one half over. Secure the paste neatly, place in a greased tin, brush over with egg or milk, and bake in a brisk oven. If smaller rolls are required the sausages should be split in two lengthwise.

Cheese Chester Cakes.

Two ounces butter, two ounces cheese, two ounces of flour. Mix together, roll out to half an inch thick, cut with a small round cutter, and bake in a rather cool oven; when done warm some cheese and milk together, spread on half the cakes, put the others on the top, and serve very hot.

Mould of Beef and Ham.

Chop finely one pound of beef (uncooked), one pound of ham, half a pound of bread crumbs. Season with salt, pepper, nutmeg, and mace. Mix with two eggs, well beaten. Put into cloth, tie tightly, boil for four hours. When done press into moulds. To be eaten cold. This is a good breakfast or luncheon dish.

Rissoles of Kidneys.

Take about half a pound of kidney, and the same of ham; chop both together, but not too finely. Place in a saucepan with a little water, and stir over the fire for about a quarter of an hour until nearly cooked. Remove the pan from the fire, and season to taste. Have ready some short pastry, which must be rolled out rather thinly and cut in rounds (each round to be wetted round the edge). A spoonful of the mixture should be laid on the crust, which must be turned over and pinched at the edge. They may be either baked or fried in hot fat, but if fried they should be dipped in egg and bread crumbs.

Fondue of Cheese.

Mix half a pint of cream or new milk with a pinch of salt and two tablespoonfuls of flour. Keep stirring it over the fire until it is as thick as melted butter, then add a quarter of a pound of cheese, grated. Mix it all well together. When nearly cold add the yolks of four eggs and the whites whisked to a froth, mix well, and pour into a mould or a deep dish lined with paper. Bake thirty minutes in a quick oven.

Carolina Cheesecakes.

Any small bits of stale or hard cheese may be utilised as follows:—Grate about two ounces and a half of cheese, mixing it with a little butter and about three table-

spoonfuls of milk, and two or three tablespoonfuls of flour, so as to make a fairly stiff paste. Season with salt, pepper, cayenne, and a little chopped parsley. Well grease some patty pans, and put in each a little of the mixture. Bake in a moderate oven till light brown. Meanwhile cut some slices of bread, shape with a round cutter, toast and butter them. Remove the cheese mixture carefully from the patty pans, place each one on toast, and serve immediately very hot.

Mushroom Crust.

Cut half a pound of mushrooms into dice and take the crust of two French rolls, a small bunch of parsley and chives, half a gill of cream, the yolk of two eggs, two ounces of butter, pepper and salt to taste. Place the mushrooms in a stew pan with the butter and herbs. Shake up, sprinkle with flour and moisten with good stock. Stew about ten minutes, or till tender. Remove the herbs and pour in gently the egg yolks, beaten up with the cream. Have ready the crust of the rolls, toasted and buttered, and cut in six pieces on a hot dish; pour the stew on this and serve hot.

Aspic Jelly.

Put one pint and a half of water, a quarter of a pint of sherry, a quarter of a pint of tarragon, malt and chili vinegar mixed, the juice and rind of one lemon, one carrot, one onion, one bayleaf, one stick celery, half a teaspoonful of salt, twenty white peppercorns, two ounces and a half of gelatine or one packet isinglass into stewpan. Stir till the gelatine is melted. Add the whipped whites and the shells of two eggs. Whisk quickly until just boiling, then remove, whisk, boil it up well to raise scum. Put aside for fifteen minutes. Strain slowly through a tammy cloth till half has run through, then pour the jelly back. When all has run through it will be clear. Half fill some small moulds, and drop in small ball of "Pate de

foie gras," boiled shelled plover's eggs, or prawns. Put into ice. When set turn out and serve on salad with chopped jelly round.

sardines, fry, drain. Serve on toast and in a very hot dish. Anchovies may be substituted for the sardines.

Cheese Straws.

Rub four ounces of butter into four tablespoonsful of Vienna flour. Grate three ounces of Parmesan cheese and three ounces of Cheddar cheese into the above. Add salt, pepper, and with two eggs mix into a paste. Cut into shapes, and bake for ten minutes in a moderately hot oven.

Savoury Sandwiches.

Pound in a mortar one ounce of cheese, one ounce of butter, a little mustard, a tablespoonful of any flavoured vinegar or wine. Spread on toast or bread.

Welsh Rarebit.

Put a tablespoonful of milk, or beer, in a small saucepan, with a pinch of salt, half a saltspoon of mustard, and a quarter of a pound of cheese cut small. Stand the saucepan in a hot oven for ten minutes. Serve on slices of hot toast.

Ham Toast.

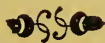
Chop small two tablespoonfuls of ham which has been dressed, add two tablespoonfuls of gravy, a few bread crumbs, and a few tablespoonfuls of cream. Put all together in a stew pan, and heat it. Have ready some buttered toast, and spread the above mixture on it. Strew a few bread crumbs and parsley over it.

Spanish Onions and Kidney.

Take some large Spanish onions and boil them until tender. Scoop in each a cavity large enough to hold a kidney, insert it and a little butter, pepper and salt, then cover with pieces of onion scooped out. Place in a brisk oven till kidney is cooked. Serve very hot, having poured gravy from tin over it. Minced meat may be used if preferred to kidney.

Sardine Savoury.

Take six sardines, a teaspoonful of Worcester sauce, one and a half wine glass of claret. Pour the sauce and claret over the



PUDDINGS AND SWEETS.

CHAPTER XI.

Hints on Pudding Making.

Milk puddings are so useful in families, and are, when well made, so generally acceptable, that we will give the first consideration to them. Three things have to be noted in making milk puddings. First, that no matter how rich or how fresh the milk, it is liable to curdle if mixed unboiled with eggs. Second, that puddings baked too fast, even with the precaution of boiling the milk, are liable to curdle and to have the custard spoiled. Third, that all ingredients, such as rice, tapioca, macaroni, and the like, must be thoroughly cooked before adding the milk and eggs to them. It will be observed that in all our recipes we direct that the milk shall be poured boiling on to the eggs. At first sight it may seem that this would have the effect of coagulating the eggs, but this never happens if they are beaten for a minute, and well stirred with one hand whilst the boiling milk is poured on with the other. For batter and other puddings, in which the whites of eggs have to be beaten up, it must be remembered that this means whipping them until so firm that they will not, even if left standing for some time, return to their original state. There are a number of little machines which answer well for whisking eggs, but anyone with a little practice can do this by hand equally as well. Experienced cooks can beat up eggs under the most unfavourable conditions, but ordinary practitioners will find that the whites of eggs are more difficult to whisk if kept in the hot kitchen, and that the operation is facilitated by standing in a current of air. It is a good plan to put the eggs into a bowl of cold water either before or after they are broken, and in summer, those who have ice-safes will find that the whites of eggs whisk more easily if placed therein

for a short time. A little wire spoon is most useful for beating up a small quantity of white of egg; with this and a basin large enough to admit of a good stroke, half a dozen eggs can be beaten to the strongest possible point in four minutes. If one or two eggs have to be beaten up quickly, this can be done on an ordinary plate with a long, thin bladed knife. Next in order of usefulness to milk puddings come those made of flour and suet, fruit, preserves, or treacle. The common fault in preparing the suet for these puddings is that of chopping it, for it is seldom that it can in this way be broken up small enough to thoroughly incorporate it with the flour. Not only is suet when scraped more economical, but it is more digestible than when chopped. When the suet is either too soft, or in small bits, and that it cannot well be shred, it should be crushed by rolling with dry flour before mixing it into a paste with water. Fruit puddings made of shred suet can be steamed, or when boiled need not be covered with water and thus be sodden, as they often are. In any case, meat puddings are best covered with water in boiling, for even when made with lean meat the gravy is generally found to be very greasy if they are not so covered.

Custard Pudding.

Into a pint of milk put the peel of half a lemon very finely shred; when it boils put in two ounces of lump sugar, take out the peel, and pour the milk on two eggs well beaten. Put the custard into a basin or tart-dish, and set it in a saucepan with boiling water reaching only half-way up the basin. Do not let the water boil, but keep it just bubbling. In about twenty minutes the custard should be set. It may be eaten either hot or cold, and any flavour may be substituted for that of

lemon-peel. The pudding, instead of being boiled, may be baked; pour it into a tart-dish, which place in another two sizes larger, three parts full of boiling water, and bake slowly for half an hour.

Plain Rice Pudding.

Wash two ounces of Carolina rice, put it into a tart-dish, with a pint of milk, and bake in rather a quick oven for an hour, or until the rice has absorbed all the milk and is well swelled. Serve with sugar or preserve. Rice thus prepared answers for all purposes where rice is required to be swelled in milk, is as good as if boiled, and takes less milk.

Rich Rice Pudding.

Bake two ounces of rice as in above recipe, or boil until tender in milk. Mix with it a pint of custard, made as for custard pudding, sweeten with lump sugar to taste, and flavour with vanilla, grated lemon peel, or almonds. The custard of this pudding will be more delicate if the baking is done as directed for custard pudding.

Rice Pudding.

This recipe is for a good family pudding; the eggs can, if desired, be omitted. Boil a quarter of a pound of rice until soft, drain it dry. Boil a pint of milk, pour it, whilst boiling, on to two eggs well beaten, sweeten with two ounces of raw sugar, and flavour with grated nutmeg or lemon peel. Mix this custard with the rice, add an ounce of beef suet shred very finely, put the pudding into a tart dish, and bake it in a slow oven for an hour. If more convenient, the rice may be baked in water instead of being boiled, and the pudding be finished in the same manner in either case.

Shape of Rice.

Boil a quarter of a pound of whole rice

in a quart of milk until it is perfectly tender, add two ounces of loaf sugar, the yolk of an egg, and almond or vanilla flavouring. Beat all together, but do not let it boil after adding the egg. Put the rice into a mould, let it stand for some hours until well set, turn it on to a glass dish. Serve with wine sauce, jam, custard, or compote of fruit.

Tapioca Pudding.

Put two ounces of tapioca into a tart dish, with an ounce of butter or shred beef suet, and half a pint of cold water. Let it swell in the oven for half an hour. Beat it up with a quarter of a pint of milk, and let it stand in the oven a quarter of an hour longer, or until properly swelled; then put to it a custard made of an egg, half a pint of milk, sugar to taste, a little grated nutmeg, or any flavouring preferred. Bake in a slow oven for about an hour. This is a simple, inexpensive pudding: the following recipe is richer.

Rich Tapioca Pudding.

Put two ounces of tapioca into a pint of boiling milk, pour into an earthen jar, and set it in a saucepan of boiling water to swell. Let the tapioca boil for an hour, or until perfectly soft, then beat it up with two ounces of butter, and a custard made of two eggs, half a pint of new milk, two ounces of loaf sugar, and a little grated lemon peel. Bake in a slow oven for about an hour and a half.

Arrowroot Pudding.

Mix a tablespoonful of arrowroot smooth in a gill of cold milk, thicken it with half a pint of boiling milk. Put to this an egg beaten up with a gill of boiling milk, sweeten to taste. Add a grate of lemon peel, or any flavouring you like, put the pudding in a buttered tart dish, and bake slowly for three-quarters of an hour, or until set.

Macaroni Pudding.

Boil two ounces of macaroni in water until tender, about twenty-five minutes is the usual time. When done, strain the macaroni through a colander, and mix it with a pint of boiling milk, in which an egg or two has been beaten up. Sweeten and flavour to taste, put the pudding into a buttered tart dish, and bake slowly for forty minutes.

Indian-Corn Flour Pudding.

This must not be confounded with corn-flour sold in packets, which in some cases is the starch of Indian corn or maize, deprived of much of its nutritive value by the process it undergoes to render it white and smooth. Indian-corn flour is the finely-ground flour of maize, and is largely used in America. Like oatmeal, it requires to be thoroughly well boiled. Vanilla is a suitable flavouring for this pudding, but any other may be used. Two ounces of Indian-corn flour, mix smooth in a quarter of a pint of milk, then stir it into three-quarters of a pint of boiling water, sweeten and flavour. Put into a clean stewpan, and stir over the fire until it becomes quite thick; beat in an egg, put the pudding into a buttered tart dish, and bake very slowly for three-quarters of an hour.

Bread and Butter Pudding.

When butter was a shilling a pound it was not considered extravagant to use it freely for this pudding, but now that it is nearly double that price it is rarely that bread and butter pudding is worthy of the name. An excellent pudding, better, we think, than if butter were used, can be made with suet. Grease a tart dish, put in a layer of light bread cut less than a quarter of an inch thick, over this spread thickly very finely shred suet, then another layer of bread and suet, and so on until the dish is full. Make a custard of milk and eggs in the proportion of one egg to half a pint of milk, sweeten and flavour to taste, pour into the tart dish and bake the pudding slowly for an hour. Currants can be strewed on the bottom of the dish or when turned out jam of any sort can be put on the top. A pudding made in this

way can be steamed, but two eggs will be required to half a pint of milk. Serve with wine or lemon sauce.

Cocoa Pudding.

Boil half a pound of light stale bread in a pint of new milk, stir continually until it becomes a thick paste, then add an ounce of butter, a quarter of a pound of sifted sugar, and two large teaspoonfuls of best quality cocoa, with a little vanilla flavouring. Take the pudding off the fire, and mix in first the yolks of three eggs, then the whites beaten to a strong froth. Put into a buttered tart dish, and bake in a moderate oven for three-quarters of an hour.

Orange Marmalade Pudding.

Cut the crumb of a French roll, a day old, into thin slices, put a layer of it into a tart dish, spread over it thinly orange marmalade, and a portion of an ounce of finely-shred suet. Proceed in this way until all the roll and suet are used, then pour into the dish half a pint of liquid custard made of an egg, half a pint of milk, and two ounces of lump sugar. Bake slowly for about an hour.

Sutherland Pudding.

Brush over a pint pudding basin or mould with dissolved butter, and line it with the crumb of a French roll, cut into thin slices, and thickly spread with lemon cheesecake paste. Make a liquid custard of half a pint of new milk and two eggs, sweeten, and grate a little lemon peel into it, fill up the basin with it, and place a layer of roll upon the top, cover with a paper cap, and set it in a stewpan, with sufficient boiling water to reach half way up to the basin. Let it stand, closely covered, at a heat just below boiling point for an hour. The excellence of the pudding depends very much upon the care with which this direction is followed. If

the pudding be allowed to boil, the custard will mix with the bread, and it will be tough; if, on the contrary, the water be not kept just below boiling point, the custard will not set, and the pudding will be watery. If preferred, sponge finger-biscuits, two ounces, may be substituted for bread, but when they are used only one egg is required for the custard. When the pudding is turned out of the mould, pour the following sauce round it:—A teaspoonful of potato flour, one of flour; mix with a tablespoonful of cold water. Dissolve about six lumps of sugar in a quarter of a pint of boiling water, and pour over the flour. Let it just boil, then stir in an ounce of butter, a few drops of lemon flavouring, and the juice of half a lemon. If lemons are scarce, a pinch of citric acid may be substituted.

Bread Pudding.

This pudding can be made of any stale pieces of bread, the lighter kinds being preferable. Break the bread into small pieces, put this into an earthenware pan with sufficient cold water to cover it, drain this away, and let the bread stand for an hour. Then squeeze it as dry as possible. To a pound of bread thus prepared put an egg beaten up in half a pint of boiling milk. Sugar to taste, and an ounce of finely shred beef suet. Flavour with nutmeg, pudding spice, or grated lemon peel; put the pudding into a tart dish, rubbed over with butter or lard, and bake in a moderate oven for three-quarters of an hour. If it is decided to have sauce, make it as follows:—Stir into half a pint of boiling water a dessertspoonful of potato-flour mixed smooth in a gill of cold water, let it boil up, sweeten with golden syrup or sugar, add the juice of half a lemon or a pinch of tartaric acid, and an ounce of butter stirred with the same, just before serving.

Boiled Oatmeal Pudding.

This is a cheap and nice family pudding. Mix a quarter of a pound of coarse oatmeal

in half a pint of cold water, and stir on to it a pint of boiling milk or water, add an ounce of shred suet or any other fat, two eggs, a little spice, sugar to taste, and, by way of a treat, two ounces of sultana raisins. Put the pudding into a greased basin, cover with a cloth, and boil for an hour and a half. Make a sauce to eat with the pudding as follows:—Boil an ounce of currants in half a pint of water for five minutes, break up the currants with a spoon, and stir in a tablespoonful of flour mixed smooth in a little cold water, add a little spice and sugar to taste. Children like the sauce without the currants if sweetened with treacle.

Batter Pudding.

The great success of making a light batter pudding lies in mixing the flour very thoroughly with water before adding the milk, and in well beating the yolks and the whites of the eggs separately. Mix half a pound of fine flour with a gill of cold water, adding by degrees, so as to keep the batter smooth and free from lumps, a pint of new milk. Stir in the yolks of two eggs, a pinch of salt, and when ready to boil the pudding the whites beaten to a strong froth. Grease a basin thoroughly, pour the batter into it, cover with a cloth, and steam or boil the pudding, not covering it with water, for an hour and a quarter. When convenient, plain copper moulds, such as are used for Charlotte Russe, are better for batter puddings. When the pudding is done, take off the cloth, let it stand a few minutes, run round the edge with a knife; it will then turn out without any difficulty. Stewed fruit of any kind—jam or orange marmalade made hot—can be poured on the pudding. When served plain, merely sift over with sugar.

Baked Batter Pudding.

Make as above, using only one egg. Dissolve a little butter in a pie-dish, pour the batter quickly into it, and bake in a good oven for forty minutes.

Black Cap.

This is merely batter pudding with currants. Grease a basin heavily, strew currants at the bottom, pour in the batter, and steam or boil the pudding. Stoned and split raisins or sultana raisins can be used instead of currants; any of these fruits eat better if they are scalded before using in the pudding. Apples cut in quarters, plums, or stewed prunes are very good in batter pudding, but should be used in small quantities.

Yorkshire Pudding.

Before the introduction of the closed range, Yorkshire puddings were always cooked in the dripping-pan, after having been "set" in the oven. A very good batter pudding suitable for eating with meat can be baked, but it is impossible it can resemble those finished under a joint of meat roasted before the fire, or in a gas oven, in which the meat is suspended. To make the batter, mix ten ounces of finest flour in a gill of cold water, add by degrees a pint of new milk; when it is quite smooth and free from lumps, add a pinch of salt and the yolks of two eggs, and, when ready to cook the pudding, beat the whites of the eggs to a strong froth, and stir them in briskly. Let two tablespoonfuls of good dripping get very hot in a tin baking-dish, into which pour the pudding, and put into the oven for a quarter of an hour until the batter is set. Put the dish with the pudding in the dripping-pan, under the meat, let it remain for an hour, when it should be brown. When you take up the pudding, drain all the fat from it, slide it on a hot dish, cut it into neat square pieces, and serve.

Pancakes.

Mix eight ounces of the finest flour very smoothly with a pint of milk, beat in the yolks of three eggs, with a pinch of salt. When ready to fry, stir in the whites of the eggs beaten to a strong froth. Put a dessertspoonful of dissolved butter or lard into an eight-inch frying-pan, and when it is hot enough,

pour in quickly four tablespoonfuls of the batter, previously measured into a cup; let it run well over the pan, which hold over a brisk fire, and shake gently, until the under side is brown and the upper side set. Toss it, and let the other side brown. It is usual to fry pancakes in lard, but they are then only fit for the most robust digestions, and are rarely eaten with impunity. The art of tossing pancakes is one easily acquired. The cook should practice by tossing a plate-mat or a piece of millboard cut to the shape of the pan, and when she has learned to toss this she will find it perfectly easy to manage a pancake. Many cooks recommend that batter should be made some hours before required for use; but the writer, in her own practice, has found, if the batter is carefully mixed as directed, this is not necessary. Serve with castor sugar and lemons cut in quarters.

Fritters.

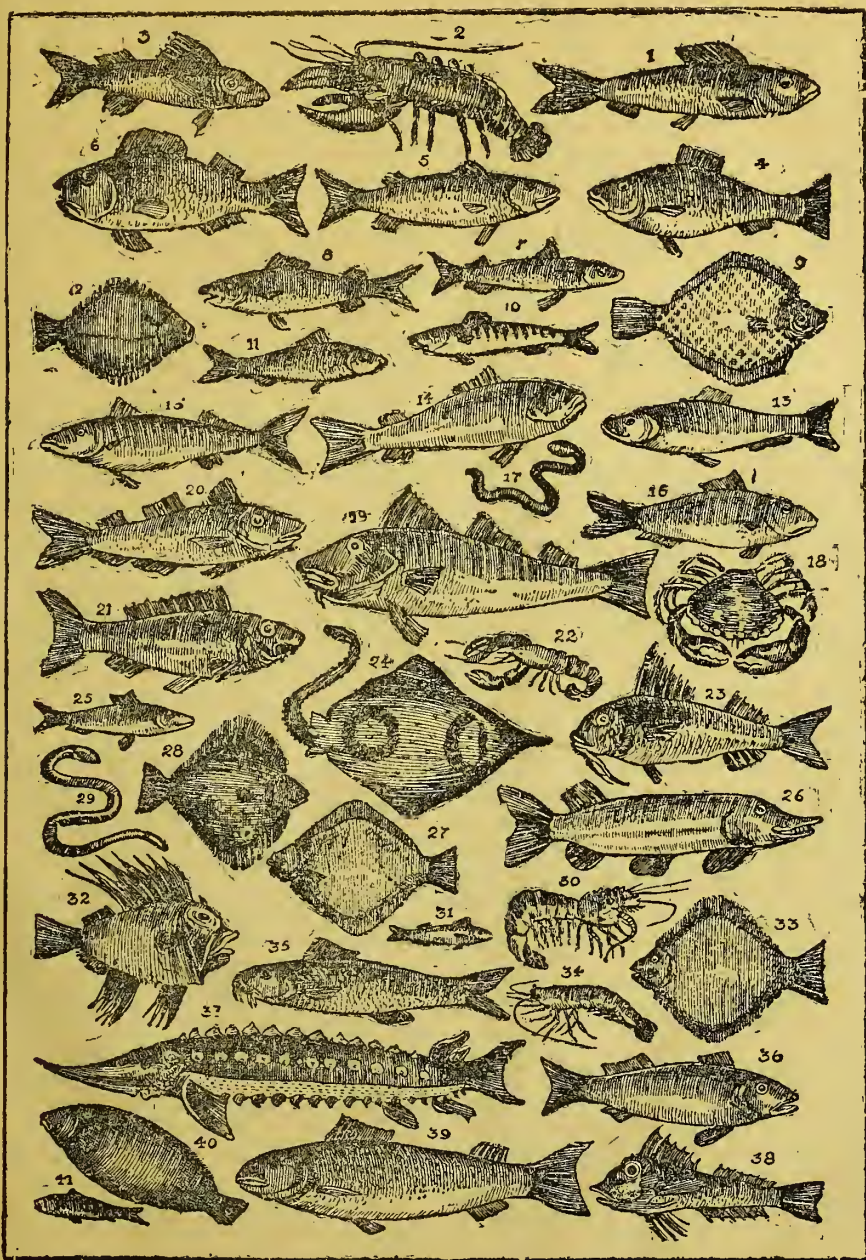
Plain fritters are merely batter made with water, oil, or dissolved butter, instead of milk, and fried like pancakes. Mix smoothly a quarter of a pound of finest flour with a pinch of salt and half a pint of water, stir in one tablespoonful of oil or of dissolved butter, and the yolks of three eggs. When ready to fry, add the whites of the eggs, beaten to the strongest possible froth; finish like pancakes. They are improved if flavoured with a little orange flower or rose water. Powder with castor sugar before serving.

Orange Fritter.

Dip quarters of oranges which have lain in sugar for an hour in batter as above; fry in a stewpan of hot fat for two or three minutes. Take them out with a skimmer, throw on to paper to absorb any fat clinging to them. Sprinkle with fine sugar, and serve immediately.

Apple Fritters.

Make a batter as above; it must be



1. Grayling; 2. Lobster; 3. Grey Mullet; 4. Tench; 5. Ling; 6. Perch; 7. Smelt; 8. Whiting; 9. Plaice; 10. Gudgeon; 11. Sardine; 12. Flounder; 13. Herring; 14. Trout; 15. Mackerel; 16. Roach; 17. Lamprey; 18. Crab; 19. Cod; 20. Haddock; 21. Carp; 22. Cray-fish; 23. Red Mullet; 24. Skate; 25. Sprat; 26. Pike; 27. Halibut; 28. Brill; 29. Eel; 30. Prawn; 31. Whitebait; 32. John Dory; 33. Turbot; 34. Shrimp; 35. Barbel; 36. Shad; 37. Sturgeon; 38. Gurnard; 39. Salmon; 40. Sole; 41. Minnow.

thick enough to cover the apples without difficulty. Peel, core, and cut two or three fine baking apples into rings of equal thickness, dip each in the batter, and fry in a stewpan half full of fat at the proper temperature. Finish as orange fritters. Pine-apple, and indeed almost any fruit, can be used for fritters. The two things to ensure good fritters are to have the batter the right thickness and the frying fat the right heat.

Italian Fritters.

Cut slices of a very light bread half an inch thick; with a round paste-cutter divide them into neat shapes all alike in size. Throw them into boiling fat, and fry quickly of a rich golden brown; dry them on paper, place on a dish, and pour over orange or lemon syrup, or any kind of preserve, made hot. Honey or golden syrup may be used by those who like them.

Hasty Pudding.

Mix two ounces of flour smooth in a little cold milk, pour on to it half a pint of boiling milk, mix in a well-beaten egg, sweeten and flavour with grated nutmeg. Add a pinch of salt, and stir over a slow fire until the pudding thickens. Turn it out, and serve.

Cabinet Pudding.

Butter very thickly a pint pudding basin, and cover it neatly with stoned muscatel raisins, the outer side of them being kept to the basin, which lightly fill up with alternate layers of sponge cake and ratafias, and when ready to steam the pudding, pour by degrees over the cakes a custard made of half a pint of boiling milk, two eggs, three lumps of sugar, a tablespoonful of brandy, and a little lemon flavouring. Cover the basin with a paper cap, and steam or boil gently for three-quarters of an hour. Great care should be taken not to boil puddings of this class fast, as it renders them tough and flavourless.

Cup Pudding.

Beat three eggs with a quarter of a pound of sifted sugar for twenty minutes, or until the mixture becomes a thick batter. During the process of whipping, the basin containing the eggs and sugar should be placed in another containing hot water, which should be renewed twice during the operation, so as to maintain the temperature of the egg-batter at not less than 90deg. Flavour with grated lemon-peel or lemon extract. Have ready three ounces of fresh butter, dissolved, and the same temperature as the eggs, mix them together; and, lastly, stir in lightly, but thoroughly, a quarter of a pound of the best flour, sifted. Brush over little cups or tins with butter, about half fill them with the pudding mixture, and bake from fifteen to twenty minutes in a quick oven. For sauce, mix a dessertspoonful of French potato flour in two tablespoonfuls of cold water, stir it into a quarter of a pint of sherry made boiling hot, add the juice of a lemon, sweeten, thicken over the fire, and serve in a tureen.

Suet Pudding.

For this, as for other uses, we recommend that the suet be shred. To make a suet pudding good, when suet is chopped, nearly an equal quantity of it to flour is required. A pudding, however, with shred suet differs somewhat in character from one made with chopped suet, and there are some people who prefer the old plan. To make a rich suet pudding with finely shred suet use two ounces of it, and four of flour, rub both together, and having added a pinch of salt make into a paste with a gill of cold water.

Treacle Pudding.

Shred a quarter of a pound of beef suet, roll it into ten ounces of fine flour, mix into a paste with a gill of cold water, roll it out to the thickness of a quarter of an inch, and line a pint and a half basin, which has been well rubbed with butter, with it. Cut the remainder of the paste into rounds the size of the interior of the basin, put a dessertspoonful of treacle in the pudding, then a

round of paste, and so on until the basin is full, putting a round of paste on the top and fastening it securely to the sides. Tie over with a cloth, and boil or steam for an hour and a half. When done turn out the pudding, have ready half a pound of treacle made hot in a stewpan, pour it over, and serve. There should not be more than half a pound of treacle boiled in the pudding.

Currant Dumpling.

Shred two ounces of suet, rub it thoroughly into six ounces of flour, wash and dry three ounces of currants, add them to the suet and flour, mix all together with one gill of water, put into a buttered mould, and boil for one hour and a half.

Rolled Jam Pudding.

Make a paste as for suet pudding, roll it out twice as long as wide, about a third of an inch thick, spread jam over, leaving two inches clear at the edges. Roll up tightly, tie in a cloth, plunge it into boiling water, and for a large pudding boil an hour and a half; rather less time for a smaller one. A cloth knitted with very coarse cotton is used for this pudding, which when turned out is marked the pattern of the cloth, and looks better than when plain.

Jam Pudding.

This pudding may be made in the same way as treacle pudding, or as follows:— Into a pint basin well buttered, put thin slices of light stale bread, line the sides, putting a round slice at the bottom. Shred an ounce of suet fine, put a little on the round then a spoonful of raspberry or strawberry jam, then another round of bread, more suet and jam, and so on until the basin is full, leaving a round of bread at top by way of a cover. Boil half a pint of milk with an ounce of sugar, pour it over an egg lightly beaten, and add it slowly to the pudding. Cover with a paper cap, and steam for an hour.

Lemon Pudding.

Put through a tin strainer a quarter of a pound of bread-crumbs, chop very fine a quarter of a pound of suet, mix with two eggs the grated rind of a lemon and the juice, a quarter of a pound of sifted loaf sugar, and a very small pinch of salt. Butter a mould or basin, put in the pudding, cover with a paper cap, and steam it for three hours. Serve with sugar sifted over it, and sauce as for Sutherland Pudding.

Rich Plum Pudding.

One pound of raisins, half a pound of sultanas or currants, half a pound of sugar, half a pound of flour, half a pound of bread-crumbs, three-quarters of a pound of suet, quarter of a pound of mixed candied peel, a small nutmeg grated, a teaspoonful of ground cinnamon, one of ginger, and one of pudding spice, juice of one lemon and peel grated, one orange and peel grated, six bitter almonds pounded, and a pinch of salt. Mix (the day before the pudding is boiled) with six eggs, a glass of brandy or curacao, and sufficient Marsala, or good home-made wine, to make it rather moist, and allow the ingredients to swell well. Boil eight hours if made in one mould, six if divided into two.

A Nice Plum Pudding.

One pound of bread-crumbs, half a pound of suet, four eggs, half a pound of raisins, half a pound of sultanas, two ounces of candied peel, half a pound of sugar, a little nutmeg and spice. Mix with a small quantity of wine or milk, and boil four hours.

Carrot Plum Pudding.

Quarter of a pound of flour, quarter of a pound of suet, quarter of a pound of grated carrots (raw), quarter of a pound of potatoes, mashed free from lumps,

quarter of a pound of sugar, quarter of a pound of currants, quarter of a pound of raisins, one ounce of candied peel, a little nutmeg and other spices, and mix together. No liquid is required to mix this pudding; the carrots will give sufficient moisture, and if they are fresh and fine, it is impossible to detect their presence in the pudding. Boil six hours, and serve with brandy sauce.

Fig Pudding.

Chop half a pound of figs very finely, mix them with a quarter of a pound of coarse sugar, a tablespoonful of treacle, one of milk, half a pound of flour, half a pound of suet, three eggs, and a little nutmeg. Butter a mould, put in the pudding, and having tied down with a floured cloth, boil for four hours, and serve with brandy or wine sauce.

Boiled Fruit Pudding.

Make a crust either of dripping or shred suet, as for Treacle Pudding. Line a well greased basin with it. In the case of apples, if it is desired to have a good proportion of fruit, steam them for five minutes, you will then be able to get more in than when they are raw, and the pudding will cook more quickly. The apples should in any case be cut in quarters, and very little if any sugar used, as, especially in the case of uncooked fruit, it is apt to harden it. If the apples are of a dry sort, a little water may be mixed with them. A clove, a pinch of ground cloves, of grated nutmeg or lemon peel may be used for flavouring, according to taste. When acid is over-strong in apples, a small pinch of carbonate of soda can be used to reduce it. As in the case of apples, if plums are half cooked, more can be put into the pudding than when raw. The fruit should always be washed, and not more than a quarter of a pound of sugar to a pound of it be used. The crust of the pudding is made in the same way for any kind of fruit, and all take about the same time to boil, from an hour and a quarter to two hours, according to size.

Boiled Apple Dumplings.

Make a paste of flour and beef suet in the proportion of four ounces of suet to eight ounces of flour, and a gill of cold water. Proceed as directed for baked apple dumplings, and when they are ready drop them one by one into a large saucepan of boiling water, keeping them boiling rather fast for three-quarters of an hour, or longer if the apples are large.

A Dainty Bread Pudding.

Put some bits of stale bread on a tin, and bake them in the oven until thoroughly crisp and brown. Take two breakfast-cupfuls of these brown pieces, and put them in a basin with a teacupful of treacle, a few stoned raisins or currants, some sweet spice, and nutmeg, and a pint of boiling milk. Cover with a plate, and allow it to soak for half an hour. Grease a pie dish with some good dripping, put in the mixture, with some small pieces of dripping on the top, and bake in a moderate oven for half an hour.

Treacle Sponge.

Half a pound of flour, half a teaspoonful of carbonate of soda, three-quarters of an ounce of ground ginger, quarter of a pound of suet, one egg, one gill of treacle, one gill of milk. Mix together the flour, soda, and ginger. Chop finely and add the suet. Beat up the egg, and mix with it the milk and treacle. Mix all well together, pour into a greased basin, and cover the top with a piece of greased paper. Place in a saucepan with boiling water, to come only half-way up the basin, and steam for two hours.

Ginger Pudding.

One pound of flour, quarter of a pound of suet, half a teaspoonful of carbonate of soda, two teaspoonfuls of ground ginger, quarter of a pound of golden syrup, teacupful of brown sugar. Put the flour into

a basin, well rub in the soda and ground ginger, add suet (chopped finely), then sugar and syrup (the syrup mixes better if a little warm). Mix well with a wooden spoon, adding about a gill of milk; put into a greased basin, with buttered paper on top, tie over pudding cloth, and boil two and a half hours. This is a nice pudding for winter, and generally liked. If dripping is used it can be baked, and is equally good.

Windsor Apple Pudding.

Put a pint of bread crumbs into a basin with half a pint of apple pulp, made by boiling apples as you would for sauce; five medium-size apples are about the right number; add the juice of a lemon and the grated rind of half a one, one well-beaten egg, a grate of nutmeg, an ounce of butter, sugar to taste; stir all thoroughly together, put into a buttered mould, tie over with a cloth, and steam for an hour and a half, or two hours.

Amber Pudding.

Melt half a pound of butter in a clean pan, and add six ounces of powdered sugar. Mix it well, then add the yolks of six eggs well beaten, two ounces of candied orange peel chopped very fine. Mix all together, line the dish with puff paste, fill with the mixture, put on a cover of paste, bake in a fairly hot oven. Good either hot or cold.

Snowden Pudding.

Half a pound chopped suet, half a pound fine white sugar, half a pound bread crumbs, the grated rind and juice of a lemon, three table spoonfuls of rice flour, some orange marmalade, half a wine glass of brandy; mix the ingredients with two eggs, well beaten, steam two and half hours, and serve with sauce. To make the sauce, take the juice and rind of a lemon boiled some time in water, strain, then add sugar, a glass of sherry, and thicken with a little flour.

Fruit Salad.

Two apples, two oranges, two bananas, quarter-pound of grapes, two pears, a few pieces of pineapple, one or two preserved peaches, and half a teacupful of the peach syrup, a few preserved cherries, and a little angelica to decorate. Cut the apples, pears, pineapple, and peaches into dice, slice the oranges across, also slice the bananas, and cut the grapes in half, removing the seeds. Pile all the fruit up in a glass dish. Squeeze the juice of the lemon over this, also the syrup of the peaches (or apricots if preferred). Half a glass of rum poured over improves the flavour. The cherries and angelica cut up are sprinkled on the top as a decoration. If liked, a jar of cream beaten up with a dessertspoonful of castor sugar and piled on the top of fruit looks very pretty. Then sprinkle some pink sugar over, and a few pieces of angelica and some sugar. For a special occasion this salad can be left on ice and salt for a few hours.

Potato Pudding.

Rub in basin enough cooked potatoes through sieve to weigh four ounces; grate over it a little lemon. Beat yolks of four eggs into potatoes. Add two ounces of butter and two ounces of castor sugar, melted together, and one tablespoonful of cream. Whip the whites of eggs to stiff froth, and shake lightly on to pudding before putting it into oven. Steam or bake in pie-dish or in big or little moulds.

Ice Pudding.

Whisk yolks of six eggs, one white, add one pint of milk not quite hot to eggs. Cook, stirring to a custard, add four ounces of castor sugar, cool. Halve one ounce of pistachio nuts, quarter a quarter of a pound of dried cherries, and cut up small two ounces of preserved ginger; pound and pass through wire sieve a quarter of a pound of ratifia biscuits. The custard being cold, add half a pint of whipped cream, one wineglass of vanilla essence, half a wineglass of brandy. Ornament mould with apricots and pistachio nuts, pour in mixture, cover

cracks of mould with lard. Leave in pail of ice six or seven hours.

Many ice machines are obtainable with full directions, and make ices very quickly and easily.

Apples a la Française

Peel and slice six or seven apples into a dish. Add three ounces of castor sugar, then some apricot jam. Boil half a pint of milk and a quarter of a pint of cream. Stir into it two ounces of arrowroot, made into a paste with water, till it thickens. Add two ounces of sugar and four yolks of eggs. Whisk well together till thick. Mix with milk and arrowroot and beat well. Pour over the apples and jam; bake half an hour.

The whites of the eggs should be made into a meringue. Pour over pudding when baked. Set it in a cool oven. Serve cold or hot.

Fruit Rice Pudding.

Take one large teacupful of rice, a little water to cook it partially, drain and line a basin with part of it, fill nearly full with pared, cored, and quartered apples (or any fruit preferred), and cover with the remainder of the rice. Tie a cloth tightly over the top and steam for one hour. This should be eaten with a sweet sauce. Do not butter the dish.

Marguerite Pudding.

Take one teacupful of sugar, one teacupful of flour, one ounce of butter, one egg, a little golden syrup, half a teaspoonful of baking powder. Beat the butter and sugar, add the egg, flour, baking powder, and then the golden syrup. Cover with buttered paper and steam for one hour.

Hunt Pudding.

Take half a pound of flour, a quarter of a pound of suet, one tablespoonful of

moist sugar, one teacupful of raspberry jam, one teaspoonful of ground ginger, one teaspoonful of carbonate of soda, and a little sour milk. Finely chop the suet and mix with the flour, then add the sugar, ginger and jam, and mix well. Dissolve the soda in the milk and add to the dry ingredients. Use enough milk to make a stiff batter. Steam in a basin with a buttered paper over for three hours.

Beatrice Pudding.

Boil two breakfastcupfuls of bread crumbs in a pint of milk, and stir in two ounces of fine beef suet, shredded; stir till it thickens. Mix with this the beaten yolk of an egg. Butter a pie dish, put a layer of marmalade at the bottom, pour the mixture in and bake till a nice brown. Beat up the white of the egg with a spoonful of sifted sugar, place this on the top of the pudding, and replace in the oven for five minutes.

Queen of Puddings.

Take half a pint of milk, one ounce of butter, half a pint of bread crumbs, two eggs, the grated rind of a lemon, two ounces of sugar, two or three tablespoonfuls of jam. Boil the milk with the butter and pour it over the crumbs. Separate the yolks and whites of the eggs. Add to the crumbs the beaten yolks, lemon rind, and sugar. Mix well, pour the mixture into a buttered pie dish and bake till set. Then remove the pudding from the oven, spread with jam, lay on the top the stiffly whipped whites of the eggs, sprinkle with sugar, and put into the oven to set the whites and slightly brown the top.

Victory Pudding.

Take any pieces of stale bread and soak in boiling water, beat with a fork until smooth, and then add three ounces of raw sugar, four ounces of flour, four ounces of sultanas, one ounce of candied peel, two ounces of suet, a little grated nutmeg, one teaspoonful of baking powder, and one egg.

Put into a greased basin and steam for three hours and a half.

Abernethy Pudding.

Take one pint of milk, two inches of stick cinnamon, half a pound of bread crumbs, three tablespoonfuls of sugar, one egg, an ounce and a half of glacé cherries. Boil the cinnamon in the milk until the milk is well flavoured, then remove the cinnamon. Pour the boiling milk on the bread crumbs, add the sugar and yolk of an egg well beaten, then add the white whisked of a stiff froth. Butter a mould and decorate it with the cherries cut in halves, then pour in the mixture, and steam for two hours.

Small Mould Pudding.

Beat the yolks of three eggs. Boil two ounces of butter and two ounces of castor sugar together. Keep stirring, and then pour over eggs. Put any jam into little buttered moulds. Fill nearly to the top with the mixture, and steam fifteen minutes. Serve hot with wine sauce, or cold with cream.

Pastry.

The one thing to be borne in mind, in making pastry, no matter of what kind it may be, is, that the excellence of it depends on the thorough mixing, or rather incorporation, of the fat with the flour. It is to ensure this that in old recipes so many "turns" or "rolls" are directed for pastry. We hope to show that first-class, and, of course, plain pastry, can be made much better and more quickly by thoroughly mixing the ingredients in the first place, than by any number of after "turns." The finest kinds of pastry require a sufficient quantity of butter—that is, in about equal weight to the flour; but the method of making those which are plainer is precisely the same. We therefore give directions for the best puff pastry; and when a plainer sort is wanted, the only

thing to do is to use either lard or dripping in any proportion which may be required.

Suet for family pastry is not used nearly so much as it should be. It is not only much cheaper, but better than butter, and, properly managed, makes very fine crust; indeed, no one can tell that it had not been made of butter. Many people have no idea that suet can be used otherwise than chopped; and in this state it is neither good nor economical. For almost every purpose suet should be shred. Lumps of suet cannot be so thoroughly amalgamated with flour, but that after cooking they will remain as lumps in the crust, whether baked or boiled, and instead of enriching—in the former case especially—make it hard and greasy. Shred suet, on the other hand, can be broken up and beaten with the rolling-pin until it is perfectly smooth.

For family pastry, an excellent fat can be made by rendering down beef or veal suet, and mixing with lard; the two together making a better pastry than when used separately. In order to avoid the strong flavour which dripping often gives to pastry, it should be clarified and used as fresh as possible.

Without saying that good puff pastry cannot be made with ordinary flour and second-rate butter, it is certain that much better results are obtained with the finest materials. Vienna or Hungarian flour, both of which are very white and soft to the touch, make the best and sweetest pastry; and even for ordinary use it is well to have as fine a flour as possible.

Puff Paste.

Weigh your butter and flour in equal proportions, cut or shave the butter into thin slices, sift the flour, of which take a little, and roll it with a slice of butter into flakes. Proceed thus until all the butter and flour are rolled together, then put them into a basin with half a pint of very cold or iced water to a pound of flour. A little less water may be required if the butter is soft, or the flour is inferior; and the rule is to have sufficient to mix the ingredients into a soft paste. Beat the flour, butter, and water together in the basin until thoroughly mixed into a smooth, compact paste. Flour

a cloth, put the paste away in it on the stones of the larder, or in the coolest place you can command, and let it lie for half an hour. Flour your board, put the paste on it, rub flour on your rolling-pin, and roll the paste out to the thickness of an inch. This done, again flour the cloth, and put the paste in it on the stones for another half-hour. Finally, divide the paste into portions of half a pound, and roll out very thinly, doubling it over six to eight times, to the required thickness.

With a little experience, even in hot weather, pastry can be made by this method without putting it aside. There will be no sticking to the board or pin if the first process of mixing the ingredients is properly carried out. Not more than two ounces of flour in addition to the original quantity should be used for sifting the board and for rolling out. In making pastry, do not handle either it or your board or pin, and take care to keep this last floured. Touch as lightly as possible with the tips of the fingers. A marble slab is desirable, but not indispensable.

Lard Pastry.

Three-quarters of a pound of lard to a pound of flour will make a rich puff paste, and if the lard is of a soft kind, eight or ten ounces will suffice. Make in the same way as the foregoing.

Dripping Pastry.

Cut up the dripping, and make the paste in the same way as in the first recipe. Six ounces of good beef dripping to a pound of flour makes a good crust for meat and fruit tarts.

Rich Short Crust.

The excellence of this kind of pastry depends on its being mixed with very little water. Put half a pound of butter into three-quarters of a pound of flour with a tablespoonful of very fine castor sugar, and

rub together with the fingers. Beat up the yoke of an egg with a tablespoonful of cold water, or less, if the butter is soft; make the pastry very stiff, and roll out only once.

If lard is used, six ounces to three-quarters of a pound will be sufficient. Dripping, in about the same proportion. For plain pastry, omit the egg.

Suet Crust.

In order to shred suet easily, it should be hard and free from skin. The piece the butcher calls "kidney knob" is the best. Have a sharp knife, and shred it very finely. If a rich crust is required, equal quantities of suet and flour must be used. Make in exactly the same way as "rich puff pastry," taking great care that the suet is most thoroughly broken up. At the first rolling, beat the paste well, and continue doing so until there is no appearance of any lumps of suet. This crust is particularly suited for meat pies which have to be eaten hot, or for hot apple pie.

Fruit Tarts.

Puff, short, or suet crust can be used for fruit tarts; in the case of the latter it is best eaten hot. Three quarters of a pound of butter to a pound of flour will make puff paste rich enough for first-class tarts. Short crust, however, if required to be good, should be made in the proportions which have been given. For large families it is often difficult to put fruit in proportion to the crust. In this case, if the apples are steamed or boiled in a stewpan with a little water over a slow fire for a short time, they will so reduce as to allow nearly double the quantity of uncooked apple to be put in the pie dish. In all cases where apples are of a slow-cooking kind, this plan should be adopted, as it prevents the crust being kept too long in the oven.

Apples.

Divide the apples in quarters, take out the core, and pare them. Observe that

apples are more quickly pared when cut in quarters than when whole. If the apples are of a moderate size leave them in quarters, or at any rate in eight pieces; sliced apples are apt to be hardened by being baked with sugar. To a pound of good sharp apples put six ounces of brown sugar and a gill of water, mix thoroughly together, and put into a deep pie dish.

Currants and Cherries.

For tarts, currants and cherries eat much richer if stewed before baking. Boil the fruit very gently until half cooked, then sweeten and put into the tart dish. In the case of currant and raspberry tart, the currants only should be stewed, and the raspberries be added afterwards, as this fruit cooks quickly.

Plums and Greengages

Plums of all sorts should be lightly stewed with a little water for tarts. Put the plums when stewed into the tart dish, add sugar to the juice, and boil for five minutes; pour over the plums just before putting on the crust. By this plan the steam of the hot fruit will cause the crust to puff up and stand high in the middle. To ice fruit tarts, brush over with white of egg, and sift sugar on before putting them in the oven.

Apple Turnovers.

Make a paste of lard, suet, or dripping, using four ounces of the fat to eight of flour, and a gill of water. Roll the paste out a quarter of an inch thick, and cut it into squares of about four inches. In the centre of each square pile up baking apples cut small, but not in slices, mixed with half their weight of moist sugar. Gather the edges of the paste together, press them and mark with a pastry wheel, place on a floured baking sheet, and bake in a moderate oven for half an hour.

Baked Apple Dumplings.

Shred a quarter of a pound of dripping, lard, or butter, and roll into half a pound of flour, in the same manner as directed for puff pastry. Mix with a gill of cold water, and roll the paste out to the thickness of the third of an inch, and divide it into square pieces large enough to cover up your apples. Peel the apples, with a scoop take out the cores, put a small piece of paste in each at the bottom, and then fill up the cavity with moist sugar, mixed with a little grated lemon-peel, or with a clove. Put an apple in the centre of one of the squares of paste, which pinch together at the top and neatly press into shape with the fingers. When all the dumplings are ready, put them in a greased pudding tin, and bake slowly for three-quarters of an hour, or rather more if the apples are large.

Plain Apple Charlotte.

Put a dozen apples in a tin baking dish, with a few spoonfuls of water, and bake them in a slow oven until done. Apples slowly baked do not burst and lose their juice as they do when baked too quickly. When done carefully scrape out all the pulp of the apples, and put it, with sufficient sugar to make it sweet enough, into a stew-pan, stir it over the fire until it begins to get stiff, put it in the centre of a dish, and place round it a border of bread fried as follows: Cut the crumb of a small tin loaf into triangles about half an inch thick, throw then into fat hot enough to brown them instantly, let the pieces fry for half a minute, take them up and put them between paper to absorb any fat clinging to them, dip each triangle into golden syrup, and arrange them round the apple, which should be hot. Apricot jam is preferable to golden syrup, but is more expensive.

Cheesecakes.

Line patty pans with puff, or short crust, fill them with **any** of the following pastes, and bake. To prepare curd for Yorkshire cheesecakes, boil two quarts of milk, and as it rises pour in either half a pint of sour

buttermilk, or enough vinegar to turn it to curds. Draw the pan to the side of the fire, let it stand five minutes, then strain the curds through a sieve; mix them with three eggs to half a pint of curd, sweeten, add lemon flavouring and a few currants, and a spoonful or two of milk if the paste seems dry.

For Lemon Paste, which, if properly prepared, will keep like jam, dissolve, but do not oil, half a pound of fresh butter, mix it with two pounds of sifted sugar, then the juice and grated peel of eight fine lemons, and stir over the fire until this becomes liquid, then beat in twelve eggs lightly whisked. Place the stewpan over a slow fire, and stir the paste rapidly and continuously for half an hour, or until it becomes very thick. Put up in small pots, and when cold cover closely to exclude the air. The above quantities will make about nine half-pound pots. If the paste is long over the fire, or if the eggs and lemons are small, some deductions from this quantity may be expected.

Cheap Cheesecakes.

Dry half a pound of fine white flour, mix with it three ounces of crushed sugar, beat a quarter of a pound of butter to a cream, mix in the flour smoothly and by degrees, and work in the yolks of three eggs and the whites beaten to a strong froth. Flavour with lemon or almond. Put the mixture into patty pans lined with plain pastry, and after the cheesecakes are baked they may be brushed over with egg, have a little fine sugar sifted on them, and be put in a moderate oven for a few minutes to dry the icing.

Mince Pies.

Make either puff or short pastry, the former being the most suitable, and line patty pans with it. Cut strips of the pastry and place round the edge, in the same manner as for a fruit tart, fill the pie with mincemeat, and put on the cover. It saves much trimming of the edges of the pastry if the covers are cut to shape. Turn a patty pan on to the paste when ready, and

cut not too closely round it. Thus you have the cover the exact shape, and both handy and neat.

Mincemeat.

The proper mincing of all the materials can alone render mincemeat a wholesome or agreeable sweetmeat, and it is not surprising that many persons dislike it when lumps of suet of considerable size are to be found in it. The method of preparing suet properly for mincemeat is much the same as that for plum pudding. The harder the suet, the better it will be found to answer. The pieces known to the butchers as "kidney knob" are free from skin, and scrape well. When the suet is shred as finely as possible, roll it on the pastry board, using, if necessary, a very little flour to prevent sticking. When the suet is thus rolled, rub it with the sugar a little at a time until reduced to powder. This may be done a considerable time before adding the other ingredients of the mincemeat, as the sugar preserves the suet fresh and good; and it is an advantage to procure the suet early, as it is in such demand about Christmas that it is difficult to get large quantities of suitable pieces. All the other ingredients of the mincemeat must be chopped as finely as possible, and this is best done in the mincing machine. The fruit, candied peel, almonds, and marmalade should be well mixed together, a little put through the machine, then a little apple (previously peeled and cored), as the moisture of the one corrects the dryness of the other. Some machines do not mince fine enough; in this case the mixture must be passed a second time through the machine. When all is done it must be mixed with the sugar, suet, spice, and liquid, and allowed to stand a day or two; then it must be thoroughly stirred up, and care taken that the ingredients are perfectly well mixed. If the mincemeat is put away in jars, with a little gin or brandy poured over, it will keep good for a long time, and is useful for making puddings of various kinds: The proportions for a superior mincemeat are as follows:—One pound of raisins, the same quantity of currants, sultanas, raw sugar,

and apples; half a pound of suet, six ounces of mixed candied peel, half ounce of bitter almonds (blanched), one grated nutmeg, one teaspoonful of ground cinnamon and of ginger, half a teaspoonful of allspice and of cloves, a large teaspoonful of orange marmalade, the grated peel and juice of two lemons, and a gill of brandy, curacoa, or sherry to moisten the whole. Should a plainer mince-meat be desired, any proportion of well-sweetened apple sauce, with a little more spice, may be added. The time required for stoning a pound of raisins is half an hour, and the loss of weight will not exceed one ounce and a half. The stoning will be done better and more quickly if the fingers of the operator are dipped in water to remove the seeds as each plum is finished. Currants should be sharply rubbed in a clean cloth before being washed, many of the stalks then pass through the colander. There should be no loss of weight in cleaning currants.

Bakewell Pudding.

Line a dish with good short paste; over paste spread a layer of raspberry jam; make a custard of two ounces of butter beaten to cream, one egg beaten, four tablespoonfuls of flour, two of sugar, and the same of milk, quarter of a teaspoonful of baking powder. Mix well together, pour over the jam, and bake in a moderately hot oven. Nice hot or cold.

Jam Sandwich.

Three eggs, one breakfastcupful of flour, threequarters of a cupful of castor sugar, heaped teaspoonful of baking powder, raspberry jam. Well beat the eggs, add sugar gradually, and flour, beating well all the time; lastly, add baking powder. Well butter two sandwich tins, divide the mixture, and bake in a moderate oven. When done, spread jam on one piece, and lay the other on top. Sprinkle a little castor sugar over it. This is an economical recipe, and makes a good sponge. It can also be made into a jam roll by spreading the mixture on to buttered paper, and baking quickly. Have

the jam warmed, and spread over as soon as it is done. Roll up quickly in castor sugar on the board or paper.

Orange Cream.

Juice of six oranges, quarter of a pound of white sugar, one pint of boiling water, and six eggs. Beat the yolks, add the sugar, orange juice, and water. Stir over boiling water until it thickens. When cool put in glasses. On each one put the beaten whites, sweetened and flavoured, with a little of the rind grated.

Chocolate Cake.

Four ounces of butter, four ounces of castor sugar, three ounces of chocolate (made hot), four ounces of fine flour, three eggs, one teaspoonful of baking-powder, a few drops of vanilla. Mix all well together, and bake for an hour in a slow oven.

Victoria Roll.

Three eggs, three ounces of flour, four ounces of sugar. Separate the yolks from the whites of eggs, beat the sugar and yolks together, beat the whites to a stiff froth, add to the yolks and sugar, sift in the flour gently, slightly butter a square of white paper to fit an iron baking-sheet, pour the mixture on, and bake. It will take about a quarter of an hour in a moderate oven. When done sift a little silver sugar on to a board, turn the pastry on to it, paper-side up, touch with a warm cloth, and the paper will come off easily. Spread some

Potato Cheesecakes.

Boil six ounces of potatoes, dry and mash them perfectly smooth, boil four ounces of lemon peel (candied lemon), beat the lemon peel with four ounces of castor sugar, then add the potatoes and four ounces of butter melted in a little cream. Mix well, and let it stand to cool. Line some patty pans with crust, and half fill them with the mixture, as it will rise to the top, sprinkle sugar on them before putting them in the oven, which should be quick enough to bake them in twenty minutes.

THE END.

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BOVRIL

"Wherever
did I put
that BOVRIL?"



eg S.H.D.

Wherever did I put that Bovril?"

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THE MOST USEFUL ANIMAL.

Of all the beasts that serve mankind,
Pray can you tell me now,
Where shall we ono more useful find
Than our good friend the Cow?

Alive, she gives us milk and oream,
And butter for our bread,
With cheese of many different sorts;
And when, alas; she's dead,

There's not a part but what we turn
To one good use or more;
Her hoofs yield glue, her horns make combs,
And buttons by the score.

Her hide makes boots and Gladstone bags,
Her entrails, fiddle-strings,
With fishing-lines, and sausage-skins,
And sundry other things.

Without the fat of Mrs. Cow
The soap-maker would toil;
He'd have to substitute for it
A far more costly oil.

The plasterer without her hair
Would find his plaster break;
The ceiling on our heads would fall
Each time the house did shake.

Her bones, ground small, make poultry meal,
Or biscuits for our pups;
And so, you see, the poor old cow
Has many downs and ups.

If cows were not, we should not be
The nation we are now;
Ill would the British lion fare
Without the British cow.

What, without beef, would England be,
Or how would it avail,
If, like the Gaul, we feasted on
The luscious frog or snail?

Britannia could not rule the deep,
And keep her foes at bay,
Unless her gallant tars were fed
On British beef each day.

What though it hail from Argentine,
Or lands more distant still,
It's British beef without a doubt,
If John Bull pays the bill.

New Zealand mutton is a theme
A great deal might be said on;
In Germany the sprightly horse
Of late they've often fed on.

In Scotland, as we know full well,
They pin their faith to haggis,
And all must own it's dainty fare,
Much more so than a nag is.

Our friends the Japs eat rice and fish,
No wonder they are sallow;
The Russian grim says that for him
There's nothing equals tallow.

Green Erin's pig who will despise?
Pig, porker, hog, or swine,
Whether as bacon or as ham,
He's a good friend of mine.

But pork is scarce the best of meat
To feast on day by day;
Roast beef is far more wholesome food,
So all the doctors say.

Talking of doctors, do you know
That this they all advise:
Never to give your children starch*
Until they're quite a size—

Some ten months old at least; till then,
If nature's fountain fail,
You must not give them ginger-beer,
Or Bass' bitter ale;

Feed them on milk—the "Milkmaid" brand—
The first, and still the best;
You'll find they thrive on it, because
It's easy to digest.

Each day some sixty thousand cows
Yield up their milk for this,
And many a baby owes to them
Its earliest earthly bliss.

For puddings, custards, and ice creams,
For coffee, cocoa, tea,
The "Milkmaid" brand is simply grand—
It's used on land and sea.

Be sure to get the "Milkmaid" brand—
It's known the wide world round;
In every land beneath the sun
The "Milkmaid" can be found.

And now with me you will agree:
Of all the beasts on earth,
The cows that yield the "Milkmaid" Milk
Are the beasts of greatest worth!

N.B.—If told some other milk
Is richer, answer "Rats!"
The MILKMAID's good enough for me,
And much too good for cats!"

*All artificial "Foods" consist chiefly of starch, and—like skimmed (or "Machine-skimmed") milk—are deficient in fact, which is also lutely necessary for the healthy growth of young children.

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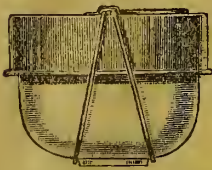
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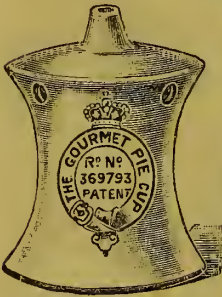
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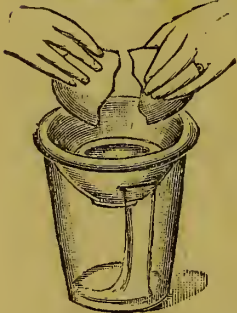
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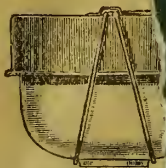
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